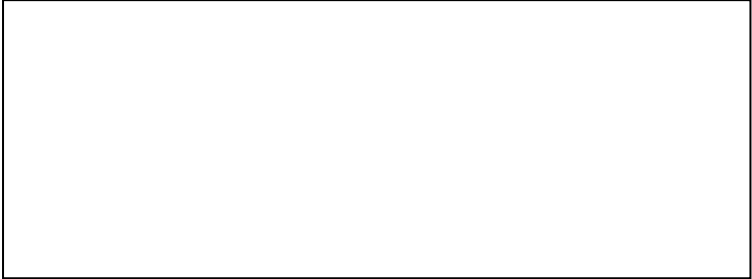




If undeliverable return to
Emmanuel Centre
A SELF HELP CENTRE
 for People with Disabilities
 25 Windsor St Perth WA 6000
 Tel: (08) 9328 8113 (Voice)
 (08) 9328 9571 (TTY)
 SMS 0401 016 399
 Fax: (08) 9227 9720

**PRINT
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Email: EmmanuelCentre@westnet.com.au
Web address: www.emmanuelcentre.com.au
Facebook for Deaf : http://facebook.com/Auslan.live
Web address: www.emmanuelcentre.com.au
EMMANUEL NEWS *March 2013*

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

- Sunday March 24TH 9.30AM MASS. AT ST FRANCIS XAVIER WITH INTERPRETER AND POWERPOINT FOLLOWED BY LENTEN PROGRAMME – “PREPARING FOR EASTER WHAT’S IT ALL ABOUT?” PLEASE BRING A PLATE OF FOOD TO SHARE FOR LUNCH.**
- Monday March 25th “Challenges” 9.30-10.30am Emmanuel Centre; “Learning activities” with Christine 11-12.30**
 Volunteer DRUMBEAT with Christine 1-2pm
- Tuesday March 26th “Painting with Geoff” 9.30-10.30am Emmanuel Centre, Activities with Christine “ 11-12.30**
 Bible Study 1-2.30 pm
- Tuesday March 26th “7pm ‘CHRISM MASS” AT ST MARY’S CATHEDRAL, VICTORIA SQ, PERTH POWERPOINT AND INTERPRETER FOR PEOPLE WHO ARE DEAF AND HARD OF HEARING .**
- Thursday March 28th Grammar Disc 1-2pm “Learn English”**
- Thursday March 28th HOLY THURSDAY 7PM 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 March 29th “ GOOD FRIDAY PASSION OF JESUS” AT 3pm, AT ST MARY’S CATHEDRAL, VICTORIA SQ, PERTH.POWERPOINT AND INTERPRETER FOR PEOPLE WHO ARE DEAF AND HARD OF HEARING.**

PROGRAMS STOP AND WILL RESUME ON Monday 8th April _____
EASTER SERVICES

- Tuesday March 26 AT 7PM “Chrim Mass” at St Mary’s Cathedral, Victoria Sq, Perth PowerPoint and Interpreter for PEOPLE WHO ARE Deaf AND HARD OF HEARING**
- Thursday March 28 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 March 29 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 March 31st “EASTER SUNDAY. “9.30am Mass at St Francis Xavier”, 23 Windsor St Perth. Interpreter and PowerPoint.

- Monday April 8th “Challenges” 9.30-10.30am Emmanuel Centre; “Learning activities” with Christine 11-12.30**
 Volunteer DRUMBEAT with Christine 1-2pm
- Tuesday April 9th “Painting with Geoff” 9.30-10.30am Emmanuel Centre; “Activities” with Shirley 11-12 noon**
 Bible Study 1-2.30 pm
- Thursday April 11th^h Grammar Disc 1-2pm “Learn English”**
- Sunday April 14th “9.30AM MASS AT ST FRANCIS XAVIER”, 23 WINDSOR ST PERTH. INTERPRETER AND POWERPOINT. AUSLAN CAFÉ 10.30AM – 12.30 INCLUDING LIGHT LUNCH.**
- Monday April 15th “Challenges” 9.30-10.30am Emmanuel Centre; “Learning activities” with Christine 11-12.30**
 Volunteer DRUMBEAT with Christine 1-2pm
- Tuesday April 16th “Painting with Geoff” 9.30-10.30am Emmanuel Centre; “Scrapbooking with Sharon “ 11-12.30 Bible Study 1-2.30 pm**
- WEDNESDAY APRIL 17th Experiencing Massage and Mental Health From 6-8pm at Emmanuel Centre, 25 Windsor St, Perth Please bring a plate of finger food to share.**
- Thursday April 18th Grammar Disc 1-2pm “Learn English”**
- Sunday April 21st “9.30AM MASS AT ST FRANCIS XAVIER”, 23 WINDSOR ST PERTH. INTERPRETER AND POWERPOINT.**
- Monday April 22nd “Challenges” 9.30-10.30am Emmanuel Centre; “Learning activities” with Christine 11-12.30**
 Volunteer DRUMBEAT with Christine 1-2pm
- Tuesday April 23rd “Painting with Geoff” 9.30-10.30am Emmanuel Centre; ““Learning activities” with Christine “ 11-12.30**
 “Bible Study 1-2.30 pm
- Thursday April 25th ANZAC DAY AND HOLIDAYS TILL TUESDAY 7th MAY 2013**



JESUS SWEAT BLOOD

What is the Passion of our Lord Jesus Christ? I think the English word *passion* gives us a false image. In English the word *passion* refers to something that's very deep in terms of feeling love. But although you certainly can have passion and love, you also can have passion and suffering. When we think of Christ's Passion, we think of all the suffering that Jesus experienced.

Have you ever had to deal with constant life threatening trauma? I think we hear the story of Jesus' passion so often that we sanitize it and do not like to sit with the actual reality of what happened to Jesus during his passion.

Imagine you invite your friends to a meal together. As you look around the table you realise that within the next 24 hours that your friends will abandon you and worst of all you will be betrayed by one of them. When you read Mark's Gospel, Jesus is saying in the Last Supper that he is dreading what's going to happen. He doesn't speak about the ropes and the whips and the chains, he doesn't say, "You know, I'm really going to get beaten up out there." He says, "You're all going to betray me. I'm going to be alone."

That is Thursday

A few hours after the Last Supper Jesus had to prepare for his death. That's a lot of pressure, the kind that brings life sharply into focus. What would you do if you knew you were in your final hours? Or, better yet, how could that type of insight affect the choices you make between now and then? That's what the Agony in the Garden is all about. Jesus was arrested as he was praying in the garden.

Luke is telling us that Jesus does an *agonia* (*agony*) to get ready for his passion. Luke is saying, we don't move from being pampering to dying on a cross without some preparation. The Agony in the Garden is the warm-up, the readying, the *agonia* for the Passion that follows.

Why the garden? Gardens don't appear that often in Scripture, but they're very important. In spirituality gardens, have nothing to do with cucumbers, radishes and garlic. The beginning of the Bible opens up and we are in the Garden of Eden. Where does Mary Magdalene, who was the great lover in Scripture, find Jesus on Easter Sunday, in the morning? In a garden.

Some of the thoughts that come to me is the question: can I give my life over in love without resentment and bitterness? The first part of the major drama in the Garden of Gethsemane is that Jesus has to give himself over to this death, which is hard, which is suffering, which is sacrificial. Jesus did it without resentment. Jesus' great gift was that he gave his life over without bitterness, without price tag, without anger, without resentment, with complete forgiveness. The Resurrection is all about forgiveness. Jesus came back and he never challenged anybody with, "Where were you when I needed you?" He came back just in pure grace, transforming suffering into deeper compassion and says, "Peace be with you".

Jesus had to face a powerful humiliation. We don't get the drama of the Crucifixion unless we really enter into this powerful humiliation of Good Friday. Jesus is telling the disciples on the road to Emmaus that you can't get Easter Sunday without Good Friday.

What suffering or humiliation can do for us, is to give us moral strength. You learn it from your own humiliations. Powerlessness, whether it is being beat up on the playground, being the girl who was never asked to dance, having a fat mother or alcoholic father, being a victim of sexual abuse when you were a child, whatever—POWERFUL SUFFERINGS. They can give us character. We, like Jesus before us, allow suffering to bring us to compassion; not to bitterness. Jesus had to die at age 33. That's not easy to do: It's not easy to die at any age. Yet to give his life over in trust that's what real hope is. But you have to learn how to sweat blood, because that's what it's going to take.

The Passion is not about the blood and the ropes and the whipping and how much Jesus endured. It's about something we're meant to imitate. It's about the test inside of love, and it's only after the agony that the angel can come. When Jesus left the Last Supper room, he couldn't do it. That was the great transition. Only after he had broken down, had sweated the blood, had told his Father many times, "I don't want to do this," he finally accepted it. How many of us, in our own way, experience that frustration, that same sense of abandonment? Yet, at the moment of acceptance, God's liberating grace flows.

Blessed Easter because of Good Friday.

Barbara



AUSLAN CAFE

What is Auslan? It is Australian Sign Language. Auslan Café is a social setting for anybody who would like to learn or practice Auslan in a relaxing atmosphere. It's at **Emmanuel Centre, 25 Windsor Street Perth at 10:30am – 12:30pm**. Everyone is welcome. It runs regularly every month, so please RSVP for a BBQ lunch on **Sunday 14th April**

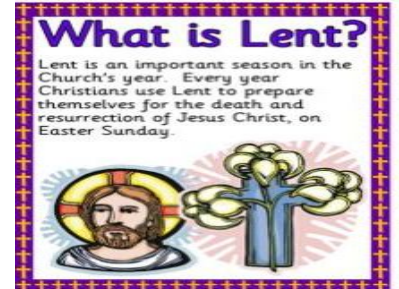


Contact Barbara Harris or Emma emmanuelcentre@westnet.com.au or contact Barbara on (08) 9328 8113

LENT GATHERINGS – WHAT IS EASTER ABOUT?

Emmanuel Centre, 25 Windsor Street Perth at 10,30 am- 12pm, 24th March 2013.

- **On 24th of March** we will be looking at the meaning of Easter and what happens in the Christian celebrations of Easter.



Let's come together to share our experiences of God. Everyone is welcome. Please bring a plate to share lunch together. Contact Barbara Harris or Emma on email: emmanuelcentre@westnet.com.au or Barbara on (08) 9328 8113 or Fr Paul sms 0401 016399

DEAF MASS

Our Mass Service runs with Auslan Interpreter and PowerPoint for the Deaf. It's at **St. Francis Xavier, 23 Windsor Street, Perth 6000.** Every **Sunday at 9:30am – 10.30am.**

We have morning tea on every first Sunday of the month. Welcome to bring a plate of small finger food to share on first Sunday of Month.



Phyllis Doherty is Ann Page's mother. Last week Phyllis celebrated a significant birthday. By their fruits will you know them. Phyllis daughter Ann is top class.

Ann has become such a integral part of Emmanuel's Mental Health Programs. Ann not only initiates workshops, talks, but keeps track of the data base for newsletter delivery, helps to fold and staple newsletters, and takes them to the post office. On top of all of that Ann spends many hours on the phone and in the community visiting and listing to people.



Born in the year 1918 Phyllis Doherty of Hughes. Photo: Karleen Minney

EXPERIENCING MASSAGE AND MENTAL HEALTH WEDNESDAY 17th April, 2013

Touch is so important to our human experience yet there is a lot of fear and confusion about it. Here is your chance to dispel some of the myths and confusions about massage.

When infants and children are not touched, held, nurtured, they become weak, withdrawn and susceptible to illness. Touch is even more important in today's western society because in our everyday lives we do not receive or give touch but very rarely. In today's society we do not often come in contact with physical touch. We have email, facebook and other social media but less of the physical touching

Come along to Emmanuel Centre and meet Mr Peter Golding who has been involved in massage for many years. Below is just a summary CV.

Who is Peter Golding?

Peter has a Nationally recognised Diploma of Remedial massage and has practiced for the last 8 years in both paid and voluntary positions. Peter is very generous in using his skills to help others. He is also a Registered Provider with Health funds.



| | |
|--------|--|
| WHEN? | Wednesday 17 April 6.00 pm – 8.00 pm |
| WHERE? | Emmanuel Centre, 25 Windsor Street, Perth (on Lord Street side of trains) Please bring a plate of finger food to share |

Meet new people

Ask your questions about massage.

Have a chance to receive a massage (even if a short one)

Have a chance to give someone a massage after some instructions.

Be prepared for an experience that will bring you benefits for your well being and the well being of others.

Peter will share how he became involved in Massage as a profession and help you to understand how you can help yourself and others to benefit from "touch."

Further information contact Emmanuel Centre on 9328 8113, sms 0401 016 399 or email emmanuelcentre@westnet.com.au

IT'S ALL FREE!

MENTAL HEALTH PARISH EVENT

Tuesday 2nd July 2013 6pm-8pm

Sts John and Paul Parish Centre Cnr Pinetree Gully Rd & Wainwright St Willetton

In 2013 there is still stigma associated to mental health problems such as depression, anxiety disorder, psychosis and substance abuse. One in five Australians aged 16-85 suffer from some form of these common mental illnesses in any year. It is time to break down stigma creating a mentally healthy community that supports recovery and reduces discrimination.

Stigma contributes to loneliness, distress and discrimination against people with mental illness and their families and carers.

Reducing mental health stigma and discrimination is—everybody's business.



Come along to hear
Dr Robert Williams
share his personal experience with
Living with the Schizo-Affective Disorder

Robert is a retired IT professional and university lecturer who has had the schizo-affective disorder for 47 years, a mental illness that has some of the features of schizophrenia and the bipolar disorder. When active it is characterised by disordered thinking, psychosis, paranoia, and depression, and renders the patient incapable of a normal life. Robert is married with one adult daughter, and has had a successful career in the IT industry, in spite of the difficulties encountered with the illness.

Robert has completed a Bachelor of Arts degree with double majors in mathematics and economics from UWA, a Graduate Diploma in Computing from WAIT, a Master of Information Systems and a PhD in automated essay grading from Curtin University.

Robert will cover the suspected causes of the illness, its features and current treatments. He will also discuss his experiences of the illness, ranging from its initial onset in 1966 and his eventual hospitalisation and initial recovery in 1973. He will offer insights on how to manage the illness, particularly the importance of taking medication continually when it has been found to be effective.

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

For further information, contact Barbara 9328 8113

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 and share them with others. AND you will save us paper and postage.



Every Australian Counts WA E-News March 2013

House of Representatives passes NDIS Legislation

NDIS Progress Report

- NDIS Draft Rules Released
- Senate Inquiry Wraps Up
- Statements from WA Liberals/Labor and Greens on NDIS & NIIS
- Community Presentations
- Useful Links



www.everyaustraliancounts.com.au

NDIS PROGRESS REPORT

The race is on to get the basics of the National Disability Insurance Scheme established before July 1 when four of the five NDIS launch sites will begin operating. Work is proceeding in Newcastle where about 3,000 people will be involved, South Australia which will work with 1,500 children with disability up to 5 years of age, Tasmania will have 800 eligible young people aged 15 to 24 and in Victoria approximately 4,000 people will be included. While preparatory work is underway in the ACT the trial date has been delayed until 2014. (WA does not have a launch site because of differences with the federal government over governance and control).

Crucial to beginning the launch sites is the passing of the NDIS legislation, which is reportedly scheduled the week of March 18th.

There is still no funding of the NDIS beyond the launch sites and establishment of the transition agency. The federal govt has said it will outline in the May budget its plans to fund the rollout of the NDIS beyond the launch sites. The federal opposition has not yet indicated how it would fund the NDIS, if it won power in the September 2013 election and implemented the NDIS.

DRAFT RULES RELEASED

A lot of the detail about how the NDIS will work is in the Rules which will support the NDIS legislation. After getting feedback on their Draft Rules Consultation paper the federal government has now released the actual draft rules for comment.

The rules cover :

- becoming a participant (eligibility);
- supports for participants (including the criteria for assessment and deciding which supports will or will not be funded);
- registration of providers;
- plan management;
- the appointment of nominees;
- how children's interests will be determined; and
- the protection and disclosure of information.

Feedback on the draft Rules can be made until 23 March. You can download the rules from

<http://yoursay.ndis.gov.au>

USEFUL LINKS

<http://yoursay.ndis.gov.au> (Government's latest news on NDIS with forums for your comments)



Argentina's Bergoglio Francis

Published: March 13, Bergoglio, 76, has been name Francis, reports The election last night Australian Eastern



Cardinal Jorge Mario elected Pope, takes name

2013 Argentine Cardinal Jorge Mario elected the 266th pope and taken the the Catholic News Service.

in Rome - at 5.05am this morning, Daylight Time - came on the first full

day of the conclave on the conclave's fifth ballot. It was a surprisingly quick conclusion to a conclave that began with many plausible candidates and no clear favourite.

The Latin American Pope, a Jesuit and leader of a large urban archdiocese in Latin America, was chosen by at least two-thirds of the 115 cardinals from 48 countries, who cast their ballots in secret in the Sistine Chapel. The new Pope has taken the name of Pope Francis 1. His election was announced in Latin from the balcony of St Peter's Basilica, to a massive crowd in the square below and millions watching around the world. White smoke poured from the Sistine Chapel chimney at 7.05pm in Rome, signalling that the cardinals had chosen a successor to retired Pope Benedict XVI. At 7.07pm, the bells of St. Peter's Basilica began pealing continuously to confirm the election.

At 8.12pm, French Cardinal Jean-Louis Tauran, the senior cardinal in the order of deacons, appeared at the basilica balcony and read out in Latin: "I announce to you a great joy: We have a pope! The most eminent and most reverend lord, Lord Jorge, Cardinal of the Holy Roman Church, Bergoglio, who has taken for himself the name Francis."

The crowd in the square responded with cheers, applause and the waving of national flags.

A respected Italian journal said he was the cardinal with the second-highest number of votes on each of the four ballots in the 2005 conclave.

He is the first pope in history to come from the Western Hemisphere and the first non-European to be elected in almost 1,300 years. The Jesuit was also the first member of his order to be elected pope, and the first member of any religious order to be elected in nearly two centuries..

Pope Francis 1 asked "Now I would like to give my blessing. But first, I will ask a favour. Before the bishop blesses his people, he asks that you pray to the Lord to bless me, the prayer of the people for the blessing of their bishop. Let's pray for me in silence," he said.

Pope Francis has had a growing reputation as a very spiritual man with a talent for pastoral leadership serving in a region with the largest number of the world's Catholics. Since 1998, he has been archbishop of Buenos Aires, where his style is low-key and close to the people. He rides the bus, visits the poor, lives in a simple apartment and cooks his own meals. To many in Buenos Aires, he is known simply as "Father Jorge." He also has created new parishes, restructured the administrative offices, led pro-life initiatives and started new pastoral programs, such as a commission for divorcees. He co-presided over the 2001 Synod of Bishops and was elected to the synod council, so he is well-known to the world's bishops. The pope has also written books on spirituality and meditation. His role often forced him to speak publicly about the economic, social and political problems facing his country. His homilies and speeches are filled with references to the fact that all people are brothers and sisters and that the church and the country need to do what they can to make sure that everyone feels welcome, respected and cared for. While not overtly political, Pope Francis has not tried to hide the political and social impact of the Gospel message, particularly in a country still recovering from a serious economic crisis.

Jorge Bergoglio was born in Buenos Aires, Argentina's capital city, Dec. 17, 1936. He studied and received a master's degree in chemistry at the University of Buenos Aires, but later decided to become a Jesuit priest and studied at the Jesuit seminary of Villa Devoto. The last pope to have belonged to a religious order was Pope Gregory XVI, a Benedictine elected in 1831. He studied liberal arts in Santiago, Chile, and in 1960 earned a degree in philosophy from the Catholic University of Buenos Aires. Between 1964 and 1965 he was a teacher of literature and psychology at

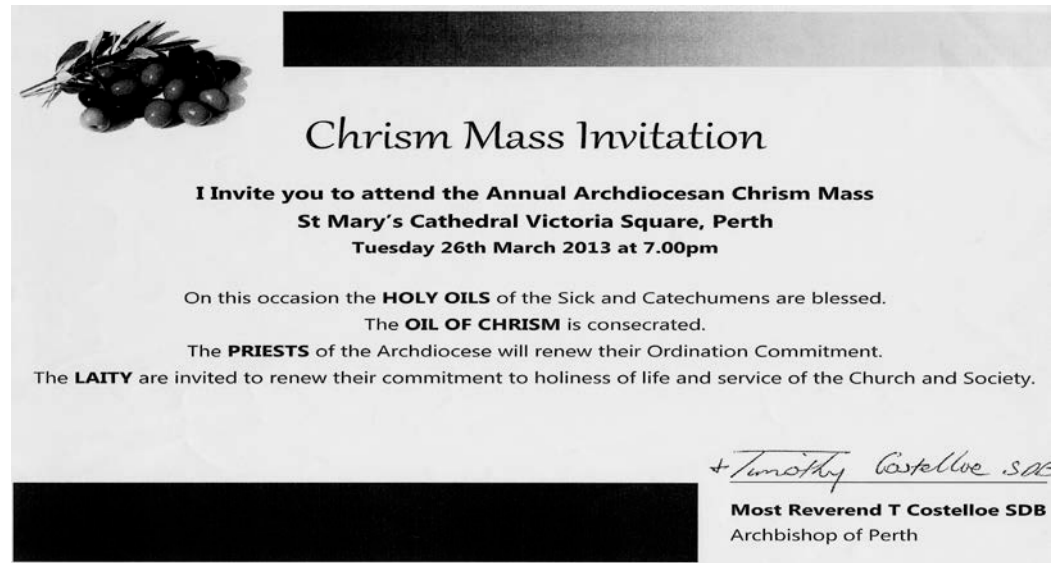
Inmaculada high school in the province of Santa Fe, and in 1966 he taught the same courses at the prestigious Colegio del Salvador in Buenos Aires. In 1967, he returned to his theological studies and was ordained a priest Dec. 13, 1969. After his perpetual profession as a Jesuit in 1973, he became master of novices at the Seminary of Villa Barilari in San Miguel. Later that same year, he was elected superior of the Jesuit province of Argentina. In 1980, he returned to San Miguel as a teacher at the Jesuit school, a job rarely taken by a former provincial superior. In May 1992 he was appointed auxiliary bishop of Buenos Aires. He was one of three auxiliaries and he kept a low profile, spending most of his time caring for the Catholic university, counselling priests and preaching and hearing confessions.

On June 3, 1997, he was named coadjutor archbishop. He was installed as the new archbishop of Buenos Aires Feb. 28, 1998.



Monsignor Keating at St Mary's Cathedral has invited us to participate in the Holy Week Ceremonies at the Cathedral, 25 Victoria Square Perth. PowerPoint and interpreter available

1. On Tuesday 26th March at 7.00pm "Chrism Mass" see invitation below.



On Thursday 28th March at 7pm "Washing of Feet and "Mass of the Last Supper" at St Mary's Cathedral 25 Victoria Square, Perth. PowerPoint and interpreter available.



.On Good Friday 29th March at 3pm "The Passion of Jesus" at St Mary's Cathedral 25 Victoria Square, Perth. PowerPoint and interpreter available.

Please come early to make sure you have a seat. If you need interpreter and PowerPoint they will be provided. Further information email Emma or Barbara on emmanuelcentre@westnet.com.au or

SMS 0401 016 399

**EASTER SUNDAY MASS AT ST FRANCIS XAVIER CHURCH,
23 WINDSOR ST, EAST PERTH AT 9.30am.
PowerPoint and interpreter available.**