



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

NOVEMBER 2008

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HILARY PALMER
MADDINGTON ESC

1951 ALBANY HIGHWAY
MADDINGTON WA 6109

Finding Jesus at Christmas

MONDAY 1st
DECEMBER, 2008

At Emmanuel Centre
25 Windsor St
Perth, 6000



TIMETABLE

11.30am.....Christmas Carols
12 noon.....Lunch & Sharing
2pm.....Close

You are invited

To share with others in preparation for Christmas

Come along, join in the singing and meet other people of Emmanuel
Children welcome

Please bring a small plate of finger food to share

RSVP Thursday, 27th November, 2008

Have you ever had a “Samuel Night?” (1 Samuel 3:1-10)

Maybe you have woken up in the middle of the night or early morning and then have been unable to get back to sleep. If you are like me, you go through all the usual reflections of “did I forget to do something? Am I worrying about something, etc, etc.” Then there is a realisation that maybe God is looking for some time alone with you because there is something that you really need to reflect on. Recently this happened to me. In the process I felt pulled into line about how much in life I take for granted. Sure, I do my thanking God but at what depth do I reflect on what I have been given?

I began to reflect on the things surrounding me.

- The ability to turn the light on, not only the fact that electricity exists but that there is a switch to turn the light off and on; that electricity is connected throughout the house. I don't have to grope around in the dark Wow! But wait a minute!
- I have four walls around me, and a roof. Not only four walls, a house, rooms etc,etc. A house that is designed to keep me safe, out of the wind and rain, with furniture, cupboards, utensils, refrigerator, cups, saucers, knives, forks, food, water when I turn on the tap. Wow, I could go on and on.
- A whole new understanding at a greater depth of what in my life I could give thanks to God for flooded my brain. I eventually jotted my thoughts down and after a period of praising God drifted off to sleep.

On awakening I still had a sense of awe and wonder of everything around me and have found myself frequently reflecting at a deeper level on what God has done and is doing for me that I have taken for granted for so long. I don't know where this is leading me but God seems much closer.

I would like to share another coincidence about this “Samuel” experience.

Mid morning, I received an email from my elder daughter. She said “I heard these lyrics on the radio this morning. It is a song by Loudon Wainwright called “Pretty Good Day”. She said, “I thought of you, thought that they might mean something to you.”

I was a little stunned. I rang her and said. “How did you know what happened last night?” She didn't of course, so I shared my “Samuel” experience. Coincidence or what?

“I slept through the night, I got through to the dawn I flipped a switch and the light went on
I got out of bed and I put some clothes on Its a pretty good day so far

I turned the tap, there was cold there was hot I put on my coat to go to the shop
I stepped outside, and I didnt get shot Its a pretty good day so far

I didn't hear any sirens or explosions No murders coming in from those heavy guns
No UN tanks, I didnt see one Its a pretty good day so far

No snipers in windows, taking a peak No people panic, running scared through the streets
I didnt see any bodies without arms, legs, or feet Its a pretty good day

There was plasma bandages and electricity Food, wood, and water; and the air was smoke free
No camera crews from my TV

It was all such a strange sight to be home Nobody was frightened, wounded, hungry, or cold
And the children seemed normal, they didnt look old It's a pretty good day so far

I walked through a park, you would not believe it here in the park, there were a few trees left
And on some branches, there were a few leaves

I slept through the night, got through to the dawn I flipped the switch and the light went on
I wrote down my dream, I wrote this song It's a pretty good day so far.”

Barbara

Can You Sleep While The Wind Blows?



Years ago, a farmer owned land along the Atlantic seacoast. he constantly advertised for hired hands. Most people were reluctant to work on farms along the Atlantic. They dreaded the awful storms that raged across the Atlantic, wreaking havoc on the buildings and crops. As the farmer interviewed applicants for the job, he received A steady stream of refusals.

Finally, a short, thin man, well past middle age, approached the farmer. "Are you a good farm hand?" the farmer asked him. "Well, I can sleep when the wind blows," answered the little man.

Although puzzled by this answer, the farmer, desperate for help, Hired him. The little man worked well around the farm, busy from dawn to dusk, and the farmer felt satisfied with the man's work. Then one night the wind howled loudly in from offshore.

Jumping out of bed, the farmer grabbed a lantern and rushed next door to the hired hand's sleeping quarters. He shook the little man and yelled, "Get up! A storm is coming!

Tie things down before they blow away!" The little man rolled over in bed and said firmly, "No sir. I told you, I can sleep when the wind blows."

Enraged by the response, the farmer was tempted to fire him on the spot. Instead, he hurried outside to prepare for the storm. To his amazement, he discovered that all of the haystacks had been covered with tarpaulins. The cows were in the barn, the chickens were in the coops, and the doors were barred. The shutters were tightly secured. Everything was tied Nothing could blow away. The farmer then understood what his hired hand meant, so he returned to his bed to also sleep while the wind blew.

Moral of this story

When you're prepared, spiritually, mentally, and physically, you have nothing to fear. Can you sleep when the wind blows through your life? The hired hand in the story was able to sleep because he had secured the farm against the storm. We secure ourselves against the storms of life by grounding ourselves in the Word of God. We don't need to understand, we just need to hold His hand to have peace in the middle of storms.



SCRAPBOOKING 2008

Last one for the year

Learn some special ideas for Christmas FREE

Tuesday 25th Nov 11 am – 1.00 pm
At Emmanuel Centre, 25 Windsor Street, Perth
A Sign Language interpreter will be there.

YOU MUST REGISTER: Contact **Barbara or Andrea at Emmanuel Centre on 9328 9571,**
(Voice and TTY)

What will it matter?

Ready or not,
someday it will all come to an end.
There will be no more surprises,
no minutes, hours or days.
All the things you collected,
whether treasured or forgotten,
will pass to someone else.
Your wealth, fame and temporal power
will shrivel to irrelevance.
It will not matter what you owned
or what you were owed.
Your grudges, resentments,
frustrations,
and jealousies will finally disappear.
So too, your hopes, ambitions, plans,
and "to do" list will expire.
The wins and the losses
that once seemed so important
will fade away,
It won't matter where you came from,
or what side of the tracks you lived at,
the end it won't matter whether
you were beautiful or brilliant.
Even your gender and skin colour will
be irrelevant.
So what will matter is not your success
but your significance.
What will matter is not what you have
learned but what you have taught.
What will matter is every act of
integrity,
compassion, courage or sacrifice
that enriched, empowered or
encouraged others
to emulate your example.
What will matter is not your
competence,
but your character.
What will matter is not how many
people you knew,
but how many will feel a lasting loss
when you're gone.
What will matter is not your memories,
but the memories that live in those
who loved you.
What will matter is how long you will
be remembered by whom and for what.
Living a life that matters doesn't
happen by accident,
It's not a matter of circumstance but of
choice.
Choose to live a life that matters.

Mental Health Training Program for Regional and Rural Western Australia

The state of our mental health can be influenced by outside factors. While we all experience change in our lives, some changes can be traumatic. For example, the loss of our job, becoming more common now; death of a loved one; divorce; and illness can all affect our mental health. On the other hand, we may have a mental health issue or someone in the family may have a mental health issue and it is not always easy to cope. Our dreams of what life will be like can be shattered in the real world of grief.

Over the last twelve months, the Catholic Mental Health group through Emmanuel Centre has organised a series of talks focussed on change. Entitled "Understanding and Coping with Grief" these sessions were held both North and South of the River and many people travelled long distances to attend. Pleas for similar workshops came from outer metro and country areas. A small grant from PILOTLIGHT, based in Victoria. Pilotlight, whose own motto is "a tiny flame sparking big ideas, projects, and alliances," heard about the work already undertaken by the Catholic Mental Health Group and offered support.

Next year the Catholic Mental Health group under the auspices of Emmanuel Centre is organising a Two Day weekend Training Seminar "**Working WITH those who grieve**" open to all with a particular welcome to people living in Regional and Rural WA. People living outside the metropolitan area do not have ready access to support and this seminar will help people to help themselves and others in their community.

Mr Gerry Smith, a long-time and respected grief counsellor will be leading participants through various exercises which will look at a number of aspects of grief. Topics include the Experience of Grief, Picking up the Pieces; Children grieve, too, working WITH those who grieve, Healthy Carer...Healthy Caring. Gerry will cover these topics comprehensively and will hand out notes complementing each session. Besides helping themselves, participants will be better equipped to help others on their return home. If you are interested in registering for this weekend which will be held early in 2009, please contact Barbara Harris on 9328 8113.

COME TO OUR CAMP!



Living with epilepsy?
You're invited to a family camp to
have fun and meet other people who
have had similar experiences.

Who:

Children of all ages with epilepsy and their families.

When and Where:

- Point Walter Recreation Centre
1 Stock Road Bicton
- Friday 20 to Sunday 22 February 2009
- Time: 5 pm Friday 20th to 2pm Sunday 22nd.

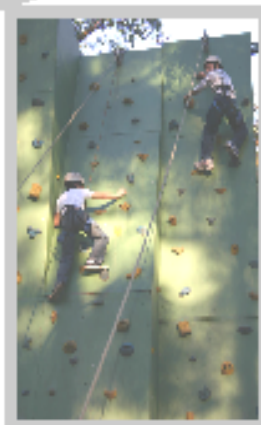
On camp you will:

- Learn more about epilepsy
- Meet other people
- Participate in fun activities such as archery, abseiling and giant swing.

Cost:

\$100 per family includes accommodation and meals. Pay by cheque or credit card. Ask us if you need help with camp costs.

Camp is held in association with an organisation dedicated to providing challenging, activity based programs for children and their families affected by serious illness.



**PLACES ARE LIMITED.
REGISTER YOUR
INTEREST BY
20 JANUARY 2009.
FOR FURTHER INFO
CALL EPILEPSYACTION
1 800 37 45 37.**

Hearing awareness:

A call to action for Australian cinemas

As part of Hearing Awareness Week, Australia's Disability Discrimination Commissioner, Graeme Innes, has called for cinemas to do their share for Australians who are deaf and hearing impaired.

"One in six Australians are affected by hearing loss, so it is about time major cinema chains reflected this market share in the numbers of screens showing captioned movies," said Commissioner Innes.

Captioned movies those providing the dialogue and other sounds not heard by people who are deaf or hearing impaired - are shown two to three times a week on ten screens around Australia.

This number of screens, which show captioned movies, has remained the same for five years.

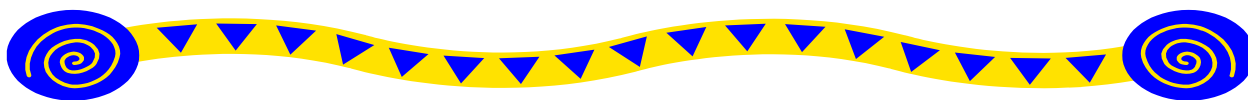
Mr Innes recently congratulated the Government for providing some assistance to 12 independent cinemas to purchase the necessary equipment but called on the major cinema chains to use this week, Hearing Awareness Week, to announce a major increase in the availability of captions.

"It is very disappointing that a sizeable section of the community is disadvantaged in this way," said Commissioner Innes. "It is also hard to understand why, in a very competitive market, cinemas wouldn't be doing everything to maintain and increase their market share."

The Commissioner noted that, in New Zealand, captions are used as a positive attraction for cinemas and more people are now going to the movies.

Commissioner Innes also noted that the Disability Discrimination Act, which makes it unlawful to discriminate against a person on the ground of their disability, has now been in force in Australia for fifteen years.

Hearing Awareness Week is a program of events held around Australia annually in the last week of August. It is an initiative of the Deafness Forum.



World Youth Day Continues

World Youth Day was not just a week in Sydney. It was prepared for with many meetings all across Australia. Tapping into the enthusiasm of the young people who attended WYD08 the local team has organised various happenings right around the Diocese. A Conference for Teenagers and one for Young Adults were held over two weekends. With input from individuals and groups, participants were challenged and encouraged.

There was also time for sharing experiences and dreams for the future. A group of young people from Emmanuel Centre attended WYD08 in Sydney. It was heartening to see that many young people from the Catholic Youth Ministry learned some sign language so they could communicate with Emma and Ally. Ally was able to attend the Young Adult Conference held at Chisholm College in mid October.. Fr Paul and Barbara Harris often become ally's ears as they interpret for her. Fr Paul is pictured here at Chisholm College Young People's Conference. Free sign language lessons are available from Emmanuel Centre. Please contact Fr Paul on 9328 8113.

EMMANUEL NEWS –VIA EMAIL!

We now have the facilities to send our "Emmanuel News" Newsletter by email, so if you would rather receive our newsletter electronically, please email Andrea Marinucci at our email address: EmmanuelCentre@westnet.com.au Telephone Andrea on 9328 8113 (Voice) or 9328 9571 (TTY) or Fax us on 9227 9720 and we will add you to our email newsletter list.

New Cooperation between the WFD and the Korean Federation of the Protection for the Disabled in Pyongyang

Mr. Robert Remarque Grund's from Berlin, Germany has visited the Democratic People's Republic of Korea (DPRK) as a tourist four times, but from May 13th till May 22nd, 2008, he came on invitation from the Korean Federation of the Protection of the Disabled (KFPD) and also as a special envoy of the World Federation of the Deaf (WFD). Robert took on the task to establish the connection between KFPD and WFD and he did so very successfully. Both sides are now in contact and can begin a fruitful and long-term cooperation. KFPD was founded as a non-governmental organisation in 1999 and is an umbrella organisation to coordinate the whole work with disabled people country-wide.



R. Remarque Grund with the deaf pupils of the Hamhung Deaf School

Despite insufficient educational materials and worn-out equipment at the schools, the deaf pupils seem to always be happy and zealous to learn. Robert was very impressed by the discipline and joy of the deaf pupils. In one school, he saw a deaf child reading a text on the blackboard was able to use Korean Sign Language KSL. The other pupils in the class followed his KSL reading with great attention and tried to repeat the contents in KSL themselves. The concentration and cooperation in the class were very impressive.

There is a special Disabled Job Center “Disabled Job Convenience” supported by the KFPD. In the DPRK, professions like barber, hairdresser, cosmetician, or tailor are very common professions of deaf people. This came as a surprise for Robert to whom it was unimaginable to find deaf people in these service professions in Europe.

Despite the difficult economic and political situation, KFPD has achieved a lot. This is also the result of the impressively successful cooperation of the Pyongyang office of Handicap International Belgium (HIB) and KFPD. Ms Myriam d'Abord-Hugon, head of the office, says: DPRK has achieved in ten years for what other countries would need thirty years. Also the preparation of Robert's fifth trip to Pyongyang was part of this good cooperation between the international NGO HIB and the national NGO KFPD.

Upon his return flight to Beijing, all co-operators in Pyongyang – especially KFPD, the Pyongyang Team, and Robert himself -- were strongly convinced that the KFPD-WFD cooperation will extend and deepen based on the dedication, mutual trust and respect of all co-operators.

Pyongyang Team

In order to add to the international work and experience of KFPD, Robert R. Grund and his travel agency Chollima Tours, Berlin, are authorized to organize special deaf travel groups to the DPRK – bringing deaf tourists from all over the world to Pyongyang and the DPRK regularly.

Chollima Tours is the special tour agency for travels into the DPRK with legal seat in Berlin. If you like to travel to the DPRK, Chollima Tours will organize a special group and visa-issue. Please contact Chollima Tours by mail: info@tschollima-reisen.de in Chinese, English, French, German or Korean.

A long journey to discovery

Elizabeth Pike

Written by

Often we can feel in the grip of primal forces that exert their power over us. They can create a sense of apprehension or even fear. It is within this context that I would place a sense of 'not belonging' through loss of place.

Where do we get our idea of belonging from? What is true belonging? It would seem that the origin of belonging is rooted in place. For Aboriginal people, each child awakens on the earth in a particular place. This place was, and remains, full of presence and meaning for us. Where you belong is where you inevitably continue to return.

On the outside a person may appear to be travelling freely, but inside they may feel like being in a prison, or have the feeling of being trapped in the ocean's undertow, a place of no escape. We all long for the stability and sureness of belonging. This has been my personal experience in respect to the question that continually surfaced during my life and does so to this very day, especially when people ask me what nationality I am. In other words, Where do you come from? They are also saying, Who are you? Where do you belong?

This is the story behind the lives of so many Aboriginal people who have been taken from family and place. Without a sense of belonging we are either paralysed or utterly restless. It seeps into our very being and across our sense of happiness. All the welfare money in the world cannot resolve this. It is why many programs do not succeed: they fail to identify this underlying problem of deep brokenness. It is the soul of our people that has to be healed.

In this article I will endeavour to show the importance of belonging through the story of a very well known Aboriginal personality.

For footballer Michael Long, belonging was much more than being a member of the Essendon football club; it went much deeper than that. Michael is very proud of his Aboriginality and has fought hard to rid Australian sport of racial vilification. Michael Long is a member of the second generation of stolen children. Both his parents were taken from their parents. Later, his father learned he was from the Ti-Tree desert community. His mother, her elder sister and a brother were from the sub-tropical region of Daly River. Long's parents were raised in the Tiwi Islands at the Catholic mission and knew nothing of their own people.

Michael was raised in Darwin and was one of nine children. His mother died when he was 13 when he was not old enough to question the heritage of the family. Through his older sister Kathy he knew his mother. She and an aunty did try to trace her own father at an office in Sydney but were refused admittance by a secretary and they were never able to see him. So Michael just grew up, played football and lived in Melbourne.

About six years ago Michael travelled north to do some footy clinics and to get a feel for his community. It is very difficult to just walk into a community and begin to identify with any relatives; it has to be done slowly and very cautiously. Because his mother died very young she took much of what she knew with her. The younger generations are now wanting to explore where they come from. As people get older it

becomes very important for them to know their roots. It helps them establish their own identity and where they belong, in order to pass the story down to their own children.

Beverly Knight, an art entrepreneur and Essendon board member, sponsored Long when he first came to Melbourne and became his 'white aunty'. Being a regular visitor to the Daly River community, she was able to make connections for Long to Mary Kangi, another artist. As Long's mother and grandmother were now dead, Mary's family, the Ungunmerr-Baumanns, traditionally become his tribal mother and Grandmother. Long felt very privileged to be accepted in this way. It is very important to realise that there are no orphans in Aboriginal society; there is always a place in the extended family. There is so much to



learn in the Aboriginal kinship systems and without language it is extremely difficult.

When Mary Kangi asked Michael to open her art exhibition in Melbourne, he felt very honoured. At 76 she felt too old to travel and it is too cold, so she said to her daughter Ungunmerr-Baumann, 'Go in my place and join Michael in the ceremony and say hello to Michael'.

A few years ago Michael opened an exhibition at the Museum of Victoria about the stolen generations, and discovered, through documents, his mother's real name. She had been known as Agnes Brock, but it was actually Agnes Byrnes. Records say she was renamed because she was taken from Brock Creek. Long also rediscovered his father's family from Ti-Tree when he was in Darwin for a football game. At a family reunion everyone was so emotionally moved they found it difficult to speak.

Kathy Long is very excited about it all, but Michael is a little more cautious, as he would like to learn the language and know more about ceremony and rituals and to get to know his people. That will take a lot of time.

This is something that can perhaps happen after football. Finding family is fortunate for Michael, it will allow him to have the love and support he needs to follow any dream he wishes to pursue. This is very important for high profile people in any profession.

*As we walk this ancient land, We feel you watching over us
As we walk our sacred places, We feel you healing us.*

Following the 1995 ANZAC Day game against Collingwood, Michael Long became the first Indigenous player to highlight racial abuse when he reported offensive language used by an opposition player. The player later apologised to Long. As a result, the AFL adopted a new rule aimed at stopping racial and religious vilification. In November 2004, after retiring from playing, Long left his Melbourne home to walk to Canberra to meet Prime Minister John Howard to discuss the plight of Indigenous Australians and raise public awareness of the issues of concern to Indigenous communities. Thousands joined the walk which became known as 'The Long Walk'. In 2005, the Long Walk took place again to raise funds for the Sir Doug Nicholls Fellowship. The 2006 Long Walk began the tradition of the 'Dreamtime at the G' game that honours the Indigenous contribution to AFL football. Michael Long is presently the AFL's Indigenous Programs Manager. Copyright 2008 Jesuit Communications PO Box 553 Richmond VIC 3121 Australia Tel +61 3 9421 9666, Fax +61 3 9421 9600

(Acknowledgement to The Age for information in this article) Madonna

Madonna is a magazine of spiritual reading for lay people.



**WE ARE VERY GRATEFUL FOR ALL
THOSE WHO ARE BRINGING THEIR
NEWSPAPERS AND PAMPHLETS TO
EMMANUEL CENTRE FOR
RECYCLING**

**SPECIAL
THANKS to
Toby and his
band of willing
workers**