



Emmanuel Centre, A SELF HELP CENTRE For People with Disabilities
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EMMANUEL NEWS *October 2013*



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

**Sunday October 6th Mass at 9.30am at St Francis Xavier with interpreter and PowerPoint.
Followed by Morning tea**

**Tuesday October 8th Mental Health Seminar "Tasha Bloomhall- How to keep Mentally Healthy"
St Luke's Parish Centre, 29 Duffy Terrace, Woodvale 7-9 pm Free event. RSVP Thursday 3rd October 9328 8113.**

**Saturday October 12th Archbishop (Emeritus) Barry Hickey Mass and Sharing "God is with us always, let us give thanks"
St Francis Xavier Church 10 am -1.00pm. Followed by lunch. Free event. RSVP 9328 8113 by Thursday 10th October.**

Sunday October 13th Mass at 9.30am at St Francis Xavier with Interpreter and PowerPoint

**Monday October 14th Challenges 9.30-10.30 am Emmanuel Centre; Learning activities with Christine 11-12.30 pm
Volunteer DRUMBEAT with Christine 1-2 pm**

**Tuesday October 15th Painting with Geoff 9.30-10.30 am Emmanuel Centre, Activities with Shirley 11-12.30 pm
Bible Study 1-2.30 pm**

Sunday October 20th Mass at 9.30am at St Francis Xavier with Interpreter and PowerPoint

**Monday October 21st Challenges 9.30-10.30 am Emmanuel Centre; Learning activities with Christine 11-12.30 pm
Volunteer DRUMBEAT with Christine 1-2 pm**

**Tuesday October 22nd Painting with Geoff 9.30-10.30 am Emmanuel Centre, Scrapbooking with Sharon 11-12.30 pm
Bible Study 1-2.30 pm;**

**Sunday October 27th Mass at 9.30am at St Francis Xavier with Interpreter and PowerPoint
Followed by Auslan Cafe 10.30 am – 12. noon including light lunch.**

**Monday October 28th Challenges 9.30-10.30 am Emmanuel Centre; Learning activities with Christine 11-12.30 pm
Volunteer DRUMBEAT with Christine 1-2 pm**

**Tuesday October 29th Painting with Geoff 9.30-10.30 am Emmanuel Centre, Learning activities with Christine 11-12.30 pm
Bible Study 1-2.30 pm**

**Sunday November 3rd Mass at 9.30am at St Francis Xavier with Interpreter and PowerPoint
followed by Morning tea.**

**Monday November 4th Challenges 9.30-10.30 am Emmanuel Centre; Learning activities with Christine 11-12.30 pm
Volunteer DRUMBEAT with Christine 1-2 pm**

**Tuesday November 6th Painting with Geoff 9.30-10.30 am Emmanuel Centre, Melbourne Cup luncheon with Shirley
11-12.30 pm. Bible Study 1-2.30 pm**

Sunday November 10th Mass at 9.30am at St Francis Xavier with Interpreter and PowerPoint

**Monday November 11th Challenges 9.30-10.30 am Emmanuel Centre; Learning activities with Christine 11-12.30 pm
Volunteer DRUMBEAT with Christine 1-2 pm**

**Tuesday November 12th Painting with Geoff 9.30-10.30 am Emmanuel Centre, Activities with Christine 11-12.30 pm
Bible Study 1-2.30 pm**

**Sunday November 17th Mass at 9.30am at St Francis Xavier with Interpreter and PowerPoint
followed by Auslan Café 10.30am-12 noon with light lunch.**

**Monday November 18th Challenges 9.30-10.30 am Emmanuel Centre; Learning activities with Christine 11-12.30 pm
Volunteer DRUMBEAT with Christine 1-2 pm**

**Tuesday November 19th Painting with Geoff 9.30-10.30 am Emmanuel Centre, Scrapbooking with Sharon 11-12.30 pm
Bible Study 1-2.30 pm**

Sunday November 24th Mass at 9.30am at St Francis Xavier with Interpreter And PowerPoint

**Monday November 25th Challenges 9.30-10.30 am Emmanuel Centre; Learning activities with Christine 11-12.30 pm
Volunteer DRUMBEAT with Christine 1-2 pm**

**Tuesday November 26th Painting with Geoff 9.30-10.30 am Emmanuel Centre, Learning activities with Christine 11-12.30 pm
Bible Study 1-2.30pm**

**Sunday December 1st Mass at 9.30am at St Francis Xavier with Interpreter and PowerPoint followed
by Morning tea.**

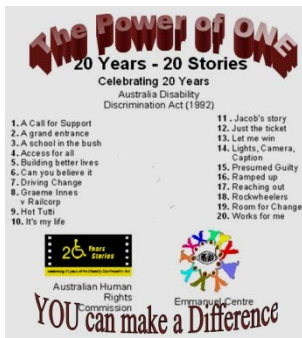
**Monday December 2nd Challenges" 9.30-10.30 am Emmanuel Centre; Learning activities with Christine 11-12.30 pm
Volunteer DRUMBEAT with Christine 1-2 pm**

**Tuesday December 3rd Painting with Geoff 9.30-10.30 am Emmanuel Centre, Activities with Shirley "11-12.30 pm
Bible Study 1-2.30pm**

Sunday December 8th Mass at 9.30am at St Francis Xavier with Interpreter and PowerPoint

Monday December 9th "Emmanuel Centre Christmas Party 11.30 -2 pm. Please bring a plate of finger food to share.

NORMAL PROGRAMS RESUME AT EMMANUEL CENTRE ON 3RD OF FEBRUARY 2014



THE POWER OF ONE – YOU CAN MAKE A DIFFERENCE

The Power of One by Bryce Courtney is a book based on Bryce's own childhood experiences in South Africa. It is a novel celebrating the power of one individual to profoundly change a life.

Bryce says, "It's very interesting when people read my first book 'The Power of One' and think it's all about the individual discovering a wonderful inner strength, the mantra of 'the power of one'. But the title comes from and is for the power of one teacher. It is about how one teacher can lift a child out of an impossible environment and allow him or her to have an education, to change their life."

There are approximately 2,300 people who receive our Emmanuel News each edition. Each of the 2,300 people is a 'one'.

In this special edition of "Emmanuel News", you'll notice how special it is because it is in an envelope, you will receive a free gift for yourself and at the same time you will have an opportunity to share that gift with others. With each "Emmanuel News" we have included a fully accessible copy of the DVD, "Twenty Years – Twenty Stories". It is captioned and it has Auslan.

The first step is for you to watch the DVD, even one story from it. That means that if everyone who receives our newsletter watches one story from the disc that will be 2300 stories experienced. WOW! If everyone watches all 20 stories that will be 46,000 stories shared. WOW! I guarantee that your life will change if you accept this challenge to watch even one story. We know you can do even more than that

If you share this DVD, even only one story from it with one other person, then do the maths, 4,600 people will have their lives changed. Now imagine what would happen if you encouraged all your family to watch it, your class, your staff members, your organisations, your parishioners, a neighbour to watch just one segment, what a difference you would make. **The Power of one.**

I'm not just suggesting it I am **asking** you, **telling** you to take that leap of faith. I'm not Mary but I am bold. Mary told the servants at the Wedding at Cana "Do what Jesus asks you". Our weak selves are transformed into power when we do that.

Don't be surprised at what will happen. Back in 1983, Bill, was in a car accident and his doctor encouraged Bill to come to Emmanuel to help out in whatever way he could. Bill had been hit on the head in the accident and had become legally blind. He had been an electrician but his eyesight was limited so that it was only with the help of a very strong magnifying glass could he see something. His tunnel vision was extremely narrow.

One lunch time a lady rang up from a fabric shop in King Street in Perth and asked if we could use some free material because she had closed the shop and was clearing it out. The catch was that it had to be picked up NOW. Fr Paul had a little van then and I just pointed to people (including Bill) and said, "You and you, and you, go with Paul to pick up the material. Bill seemed to hesitate a bit. Bill could not see too well but he was able to lift and so I just said to him "go" and off they went.

In due course they came back with boxes and rolls of cloth material of all sorts. Bill told me that he had to talk to me urgently. We went into the top office and Bill said, "I can see." I said to him "what do you mean you can see?" He said, "I can see properly". Then, he told me the story of how he had never been in private transport since the accident He only took buses and trains. I asked him, "Why didn't you tell me? Why did you go with the others?" Bill very softly said, "Because you told me to." Bill returned to work and has never looked back. His specialist rang me overjoyed with the outcome. "I'll be sending you all my patients in future", he said.

What difference are we making? It doesn't matter if it is big or small. If everyone made a small difference, we would end up with a BIG difference. "Do whatever He (Jesus) tells you" is pretty good advice for anyone. anywhere. I am eagerly waiting to hear your stories of what happened when you do that.

Barbara



1. A call for support

Keith and Patricia Sutton have two sons that share a debilitating illness: “treatment resistant” schizophrenia. 42 year old Peter and brother Ben, 38, were diagnosed 20 years ago. The diagnosis was devastating for the family, whose daily routine is subject to the needs of their isolated and dependent sons. This story captures a day in the Sutton’s lives, revealing the emotional and practical difficulties in receiving and providing support.



2. A Grand entrance.....but not for all

Bradley Kinsela knew life would never be the same. He was injured in a car accident in 1989. He never expected being in a wheelchair would prevent him from being able to attend his own university graduation ceremony. The university had booked a hall that had no wheelchair access, a move that saw Brad lodge a complaint, win and eventually don a cap and gown.



3. A school in the bush

As a little girl, Scarlett Finney, now 20, didn’t think of herself as a girl with a disability, she was just a girl. But at 7, Scarlett’s choice to go to, what she called “A school in the bush”, turned into a nightmare. The Hills Grammar rejected her but the Finney’s took the complaint all the way to the Federal Court. They not only won, but it set a precedent for other students with disability.



4. Access for all

Riding the bus is something most of us take for granted. For Maurice Corcoran, it’s only been possible since 1994 and only because of his complaint. Maurice, who has quadriplegia, was fed-up with getting accessible taxis to work. He wanted to travel with others in the community. His case started in South Australia but the case went national. It delivered a massive change in infrastructure; by 2022 all public transport is expected to be accessible.



5. Building better lives

There are about 3,500 Australians under 60 living in nursing homes around the country. Anj Baker was one of them. Anj was a teenager when she acquired a brain injury after being assaulted. She ended up in a nursing home, a place that bought her shame and isolation. Anj and others believe their rehabilitation would have been more effective in facilities with people their own age.



6. Can you believe it (Dee’s place)

Living independently is something most teenagers look forward to. So it wasn’t a surprise when at 18, Dee Holmes told her mum and dad that she wanted to live in her own place, like her brothers. But for people like Dee, who have intellectual disabilities, finding enough support to live with independence is difficult. Guidance is out there, but you need to know where to turn.



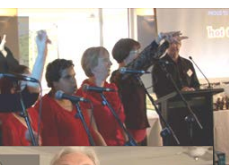
7. Driving Change

Called the Taxi? Check. Expecting to be able to fit into it? For people using wheelchairs, accessing taxis is much harder than picking up the phone. Greg Killeen got sick of being late to everything; work, dinner, the theatre. More often than not, he simply couldn’t fit in the so-called wheelchair accessible taxis. So what did he do? Greg made a complaint that ended up in the Federal Court in 2011. Not only did he win, but all new taxis built had to meet new standards.



8. Graeme Innes V Railcorp

Disability doesn’t mean incapable. Just ask Disability Discrimination Commissioner Graeme Innes. But when you can’t see signs at train stations, and audible announcements are, frankly, inaudible, what can you do? Make a complaint. That’s what Graeme did, dozens of them. And he won. Audible announcements are about to become just that.



9. Hot Tutti

Aimee Crathern has no idea what she would be doing in her life if she wasn’t one of the 5 young women in the girl act, Hot Tutti. Like so many artists will attest to, working with a team can be tough. And this team is no exception; each singer has a disability but in many ways it’s brought them closer together. And they get snapped up for dozens of paid gigs a year.



10. It’s my life

Geoffrey Scott, sculptor, painter and sometimes, comedian. Being deaf hasn't stopped him from being creative, that's for sure. But when it comes to making calls, Geoff's creative streak hasn't been much help. He needed to be able to access the TTY service, but Telstra wouldn't provide one to him. So he pursued a complaint and won. Geoff has since put a whole new meaning into "chatterbox". And Telstra has changed its ways too.



11. Jacob's story

Jacob Clarke wanted to go to the same high school as his friends. But he needed something his friends didn't; an interpreter. Jacob is Deaf, so this was essential, but the school didn't think so. Buddy systems and note-takers weren't going to give Jacob the education he was entitled to.

It ended up in court as a landmark case for Deaf rights and 5 years later, a result worth waiting for.



12. Just the ticket

The Sydney Olympics inspired pride around the nation. Bruce Maguire's pride was short-lived. He promised his family tickets but when it came to finding the schedule and booking, Bruce had no chance. He needed it in Braille, he asked for it, but they said "no way". The website wasn't accessible either and a heated public debate ensued. Bruce spent 16 months of his life battling S.O.C.O.G. (Sydney Organising Committee for the Olympic Games) before winning and setting a precedent for other events to hold accessible services.



13. Let me Win

Bang! It's a sound most of us dread but for Sekou Kanneh, it would be a dream come true. The 12 year old is a runner but being Deaf means he can't hear the starting gun. Instead of waiting to see when his competitors start the race, Sekou asked for a flashing light to signal the start. Like everything he does, Sekou was in it to win it, and he didn't disappoint.



14. Lights, Camera, Caption

A picture paints a thousand words, but most of us gave up watching silent films decades ago. Soundtracks offer something extra and John Byrne wanted to experience this as well. But as a person with a hearing impairment, this was impossible. Or was it? The DDA (Disability Discrimination Act) made way for John to lodge a discrimination complaint and finally, John can understand what everyone else can hear.



15. Presumed Guilty

Marlon Noble lives the life of a guilty man. He was accused of sex crimes, and despite no trial and no conviction, spent 10 years behind bars. Marlon was released last year, but he is on strict conditions and is under permanent watch. Marlon, who has an intellectual disability, is free from Jail, but not a free man.



16. Ramped up

It was a simple attempt to cross the road to grab a cup of coffee that sparked Mark Hopper's addiction to accessibility. Mark simply couldn't get his wheelchair onto the road safely. He complained and won. But in his Victorian hometown, Mark scrutinised every building, every footpath, every access point and tested it against the standards which had been in place since the DDA's introduction. Mark Hopper is a true action hero.



17. Reaching out

It's the news that no parent wants to hear; that your child has a disability. Rebecca Kelly remembers that moment vividly as the mum of two children with Autism Spectrum Disorder. But getting practical advice isn't easy, particularly in her home town in regional Victoria. ASD was enough to get Bec out of her home and beamed into others, with her radio show, ASD Talk.



18. Rockwheelers

It's a sport only for the fast and furious, but those two words haven't meant much to Paul Gooda until recently. Since taking up wheelchair basketball, the former self-confessed book-worm hasn't considered going back to his reclusive life. Inclusion is what the DDA was designed for, but all Paul needed was a team to call his own.



19. Room for change

If anyone thinks people in wheelchairs aren't interested in fashion, they should have a chat to Stella Young or Madeleine Sobb. Both have fought for their fashion, in very different ways and both have won. 'Nuff said.



20. Works for me

Jake Briggs was a qualified carpenter when an accident caused his disability. Carving out his new life in a wheelchair was challenging, but his employer retrained him and created a new role that has given Jake the chance to maintain a career.

GOOD ADVICE FOR ANYONE

Always tell the truth. Work hard. Laugh out loud. Give thanks in all situations, Say I love you. Laugh. Giggle. Be Silly. See the world. Help others. Try new things

Say Please and Thank You. Dream Big. Use kind words. Don't whine. Do your best.
No running in the House. Be proud of yourself. Remember you are

Loved

Be Happy

Blooming
minds

THIS IS FREE

MENTAL HEALTH WEEK PARISH EVENT

TUESDAY 8TH OCTOBER

6.45 pm for 7 pm – 9 pm

DON'T MISS

OUT

St Luke's Parish Centre, 29 Duffy Terrace, Woodvale
(cnr Whitfords Avenue & Duffy Terrace)

1 in 5 Australian adults
will experience mental illness every year.
It may be you or someone in your family.
BUT there's a lot we can do
to support our mental health and wellbeing.

Guest Speaker: Tasha Broomhall,
Director of Blooming Minds
specialising in Mental Health First Aid .

Tasha is an engaging presenter who focuses on debunking the myths regarding mental health issues. She then sets about showing how to be well and stay well when there has been mental ill health

Listening to Tasha is an amazing experience and will help us in our everyday lives. Come along and participate in her lively, entertaining and informative presentation There will be time for questions and tea, coffee & refreshments at the conclusion of her talk

For further information, contact Barbara Harris, Emmanuel Centre Tel: 9 328 8113
or email: emmanuelcentre@westnet.net.au

RSVP: Thursday 3rd October 2013



THE BUMBLEBEE

A bumblebee, if dropped into an open glass, will be there until it dies, unless it is taken out. It persists in trying to find some way out through the sides near the bottom. It will seek a way where none exists, until it completely destroys itself and

never sees the means of escape at the top,
PEOPLE



In many ways, we are like the bumblebee. We struggle about with all our problems and frustrations, never realizing that all we have to do is look up!
That's the answer, the escape route and the solution to any problem....just look up!



Worrying does not take away tomorrow's troubles; it takes away today's peace.
Dripping water hollows out stone, not through force but through persistence.
Why is a car's windscreen so large and the rear view mirror so small?
Because our past is not as important as our future. So look ahead and move on. (With thanks to Citizen Advocacy)

MENTAL HEALTH WEEK CELEBRATION

SATURDAY 12th OCTOBER

“All the ends of the earth have seen the salvation of our God. Shout to the Lord all the earth, ring out your joy.” (Psalm 97)



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

**“God is with us always,
Let us give thanks”**

at

St Francis Xavier Church,
23 Windsor St, Perth

on

Saturday 12th October 2012

Beginning with Mass at 10am

Concluding 1.30pm

A light lunch will be provided.

Notification of attendance will assist with catering

This is a free event

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



To celebrate National Carers Week

MONDAY OCTOBER 14th 2013, 10am – 3pm

**Scarborough Community Centre 173
Gildercliffe Street WA 6019**

INFORMATION, SUPPORT SERVICES,
ADVOCACY SERVICES, ENTERTAINMENT *
FREE MORNING TEA & LUNCH * PRIZES TO
BE WON

**Please contact 1800 052 222 if you require
transport or respite care to enable you to
attend.**

**Booking is essential.
Kindly RSVP by 7th
October 2013**

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Your invitation



Christmas SHARE IN OUR REFLECTION
on MONDAY 9th December 2013

Come along, join in the singing and meet other people of Emmanuel.
Children welcome. Please bring a small plate of finger food to share.

TIMETABLE

11.30amChristmas Carols

12 noon.....Lunch and Sharing

2pm.....Close

At Emmanuel Centre, 25 Windsor St, Perth, 6000

As we celebrate in peaceful surrounds we take a few moments to reflect on

our brothers and sisters in Syria

and pray for the thousands of people, adults and children caught up in the evil of war.

We also take this opportunity to thank you for your presence in our lives over the last 12 months. We thank you for your assistance in so many ways, your prayers, your donations and your energy and time that you have so generously given. May God bless you this Christmas and through the coming year.

RSVP Thursday, 5th December, 2013

There will be a box set up at Emmanuel Centre where you can donate to help the people of Syria



DONATIONS ALANNAH MACTIERNAN



Just before the Federal Election Alannah MacTiernan took time out from her busy schedule to meet with some volunteers at Emmanuel. The volunteers were interested in hearing how Alannah would support the DisabilityCare Australia (NDIS) initiative for people with disability. We will watch her commitment in the new Federal Parliament.



Dom and Peter, seminarians from St Charles Seminary with the help of Emma act out Abram's and Sarai's journey to Egypt for Bible Class. Bible Study classmates Aaron, Savio and Su look on.

For their 2-3 month course at Emmanuel Centre the seminarians learn about the Theology of Disability as well as personal encounters with people with disability, their family and carers.



A little boy was attending his first wedding.

After the service, his cousin asked him, "How many women can a man marry?"

"Sixteen," the boy responded. His cousin was amazed that he had an answer so quickly.

"How do you know that?"

"Easy," the little boy said.

"All you have to do is add it up, like the pastor said, 4 better, 4 worse, 4 richer, 4 poorer."



**Sorrow looks back, Worry looks around,
But faith looks up!**

**Live simply, love generously,
care deeply, speak kindly, and
trust in our Creator, who loves us**

A little girl was sitting on her grandfather's lap as he read her a bedtime story.

From time to time, she would take her eyes off the book and reach up to touch his wrinkled cheek.

She was alternately stroking her own cheek, then his again. Finally she spoke up, "Grandpa, did God make you?"

"Yes, sweetheart," he answered, "God made me a long time ago."

"Oh," she paused, "Grandpa, did God make me too?"

"Yes, indeed, honey," he said, "God made you just a little while ago."

"Feeling their respective faces again, she observed,

"God's getting better at it, isn't he?"