

If undeliverable return to



Emmanuel Centre
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EMMANUEL NEWS – OCTOBER 2014

COMING EVENTS AS WE GO TO PRESS Look inside for more info

SUNDAY	MONDAY	TUESDAY	WED	THU	FRI	SAT
5 Oct 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint), followed by morning tea	6 Oct	7 Oct	8 Oct	9 Oct	10 Oct	11 Oct Catholic Mental Health Mass & Reflection
12 Oct 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	13 Oct 9.30-10.30am: Challenges 11am-12.30pm: Activities (Christine & Lesley) 1-2pm: DRUMBEAT (Christine)	14 Oct 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Scrapbooking (Sharon) 1-2.30pm: Bible Study	15 Oct	16 Oct	17 Oct	18 Oct
19 Oct 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint) 10.30am-12pm: Auslan Café	20 Oct 9.30-10.30am: Challenges 11am-12.30pm: Activities (Christine & Lesley) 1-2pm: DRUMBEAT (Christine)	21 Oct 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Activities (Christine & Lesley) 1-2.30pm: Bible Study, Music and Singing with Mary	22 Oct	23 Oct	24 Oct	25 Oct
26 Oct 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint)	27 Oct 9.30-10.30am: Challenges 11am-12.30pm: Activities (Christine & Lesley) 1-2pm: DRUMBEAT (Christine)	28 Oct 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Activities (Christine & Lesley) 1-2.30pm: Bible Study	29 Oct	30 Oct	31 Oct	1 Nov
2 Nov 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint), followed by morning tea	3 Nov 9.30-10.30am: Challenges 11am-12.30pm: Activities (Christine & Lesley) 1-2pm: DRUMBEAT (Christine)	4 Nov 9.30-10.30am: Painting (Geoff) 11am: Melbourne Cup Lunch	5 Nov	6 Nov	7 Nov	8 Nov
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23 Nov 9.30am: Mass at St Francis Xavier Church (Interpreter & PowerPoint) 12 noon: Father Paul's 75th Birthday Lunch.	24 Nov 9.30-10.30am: Challenges 11am-12.30pm: Activities (Christine & Lesley) 1-2pm: DRUMBEAT (Christine)	25 Nov 9.30-10.30am: Painting (Geoff) 11am-12.30pm: Activities (Christine & Lesley) 1-2.30pm: Bible Study	26 Nov	27 Nov	28 Nov	29 Nov
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As Above no morn tea	EMMANUEL CHRISTMASS	PARTY	SEE	INFO		INSIDE



It is very easy in these times in the world to feel lost and disconnected. To go into panic mode and feel that there is no hope. To see yourself surrounded by evil. To think that people do not care and all is hopeless. It is easy to think that this is reality, that it is as it is. We can find ourselves in disharmony with ourselves, we feel we are vulnerable victims of fear and that the best thing to do is to cut ourselves off from the world and all its perceived dangers. We hand over our freedom for safety and security and conform to the status quo. We then become puppets living in a shallow state.

I admit there are powerful influences around that act upon us, and our minds, whether we know it or not, are swayed by forces not always acting in our best interests. When we were little children, for example, the colour of one's skin or religion never entered into any of our decision making processes. Later forces around us shaped us into believing that seeing the colour of the skin of others or what religion they were is important.

BUT all this is "perceived" and not reality. One of the problems with perceived reality is that we all believe we are talking about reality but we are talking about my reality or your reality, his reality or her reality. I often reject your

reality and substitute mine. Unfortunately what we see and feel is often entirely different from God's reality.

God's reality is faith. God is always trying to make his plan a reality in our life. God's reality is beyond understanding and comprehension. It is visionary.

If I am to be authentic in my decision making as a follower of Jesus, then surely I need to know as much as I can about what it is that God wants. A prayer that I learned on my mother's knee is the Lord's Prayer. In it we pray that God's Kingdom come and that His will be **done here on earth as it is in Heaven**. I am not that naïve that I believe that God's will will be perfectly done here on earth in the near future. However, I must ask, if we can't catch a glimpse of God's will being carried out here on earth, why would Jesus ask us to pray the way He did?

How blessed I am to be around people who are differently abled. They give me glimpses of God's Kingdom HERE on earth when they share with me their stories. I might have shared with you previously the story of "Nick". Because the educational system had given up on Nick, his school record carried the stamped words in BIG print "UNTRAINABLE". Dr Harry on TV can train animals to do almost anything but Nick was never given a chance to learn in his way. Nick wore shoes with Velcro fasteners because his teachers could not teach him to tie his shoes because Nick had most digits missing from his right hand and was left with a kind of thumb like appendage and a little finger.

When Nick came to Emmanuel Centre he wanted to learn two things – to tie his own shoes and to read the TV schedule in the daily paper. Previous efforts to teach Nick to tie his shoe laces depended on his right hand being dominant. I started off being left hand and the school system tried to beat that out of me. As a result I now easily switch from one to the other. So Nick learned to tie his shoes with left hand dominant in 5 minutes. He learned to read and to play the guitar and catch the bus by himself and to speak Greek and English. Not bad for someone who was labelled UNTRAINABLE. A glimpse of Heaven? A dream fulfilled? YES. To see it, though, I have had to accompany people on their journey sometimes for many years.

It is down heartening, and at the same time uplifting when good people, church people, whom I would think would support God's dreams tell me that I am "naïve", a dreamer" living in "utopia" etc. Jesus tells us to prayer for, to work for, the kingdom to come here on earth as it is in heaven and at the same time "that unless we become as little children we will not enter the kingdom of heaven"!

Many parents of people with disabilities share with me that they have been told by misguided individuals that "your child will never walk again", "your son will never get off the booze or give up drugs" "your daughter will never do anything useful or get a job." I have watched and have been part of their journeying with God. I have been amazed at their faith and belief in not the status quo but their God dream. So in these tumultuous times and in all times let us pray as children that God's kingdom will come here on earth as it is in heaven. Let us remember Emmanuel means "God is with us."

Barbara Harris

Mental Health Week 2014

MARK YOUR
CALENDAR

Saturday 11th October

St Francis Xavier Church,
23 Windsor St, Perth

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



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

**“RECONCILIATION
EUCHARIST
HOPE”**

Begins with RECONCILIATION

(Opportunity for individual Reconciliation)

at 11am

Followed by Mass of Forgiveness and Healing.

Concludes 2.30pm

A light lunch will be provided.

Notification of attendance will assist with catering

Auslan Interpreter, PowerPoint and Audio Loop provided.

This is a free event

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

Random acts of kindness can save lives



When I first saw the letters R U OK I thought it was an acronym for Random Undertakings Of Kindness. But it refers to R U OK?, a not-for-profit organisation that encourages conversation with friends, families and workmates about how they're feeling. But then, I wondered, why don't we ask strangers as well?

We are fascinated by the random kindness of strangers. In some cases, that might become repeated kindness. The story that comes to

mind on this topic is the story of Don Ritchie, the "Angel of the Gap". For many years, he coaxed the suicidal from the edge of the cliff back to his house 50 metres away for a cup of tea and a chat. His intervention saved many lives that would have otherwise been tragically lost.

But our interventions don't have to be about pulling someone back from the edge. It could be as simple as giving and receiving compliments. And it could be as wonderful as a stranger choosing to be late for work because they sat with a crying stranger on the floor of Central Station and asked if they were OK.

It's not the complete answer to the rising rates of mental illness and suicide in our society. Just last week, the World Health Organisation published a report stating a person dies every 40 seconds due to suicide. It's an issue with multiple factors and differing experiences. But one thing is clear: it's an issue that demands the best of our empathy.

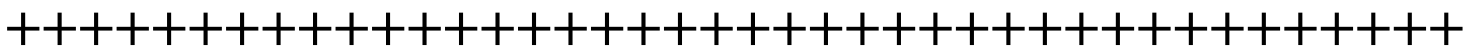
How best to embrace our empathy than to start a conversation with someone you don't know, and ask how they are doing? It won't be easy. Some of us will clam up. Some of us will feel threatened. But there are also a few of us who will embrace the chance to talk. Mental illness renders the struggler invisible; a conversation often is the starting point to make someone visible again.

We implicitly endorse this concept through our helplines. True, those strangers at the other end of the phone line are trained to receive calls of distress. But they are also human beings first, whose job is to listen and then direct their callers to the best portals of help.

And that is exactly what the R U OK model proposes - ask, listen without judgment, encourage action and, if possible, follow up. It's a model that naturally terrifies those who are not used to lending ears to strangers. It demands time, attention and presence: attributes greatly diminished by our increasingly fast-paced and insular lifestyles.

We don't have to be counsellors. We shouldn't be. There are many avenues of assistance that deal with the complexities of mental illness. But we can be humans reminding others that we are capable of Random Undertakings Of Kindness, and that undertaking of kindness might just be asking someone you don't know how they are today.

Rachel Worsley is a multimedia journalist. @Rachel_Worsley



Mental illness: Facts to dispel the myths

Fact: Mental illness is common

Around half the population experience a mental illness at some stage of their life and about 1 in 5 will experience some form of mental health problem each year.

Fact: The vast majority of people with mental illness are not generally violent

People being treated for a mental illness are no more violent or dangerous than the general population. If anything, they are more likely to be the victims of violence, especially self-harm. A small sub-group of people with a mental illness may be more violent than the general population. These are likely to be people who have a history of violent behaviour, who abuse drugs or alcohol, and who are not receiving treatment or taking medication as prescribed.

Fact: Most people with mental illness receive treatment in the community

With modern medications and treatment, there is generally no reason for most people with a mental illness to be in hospital.

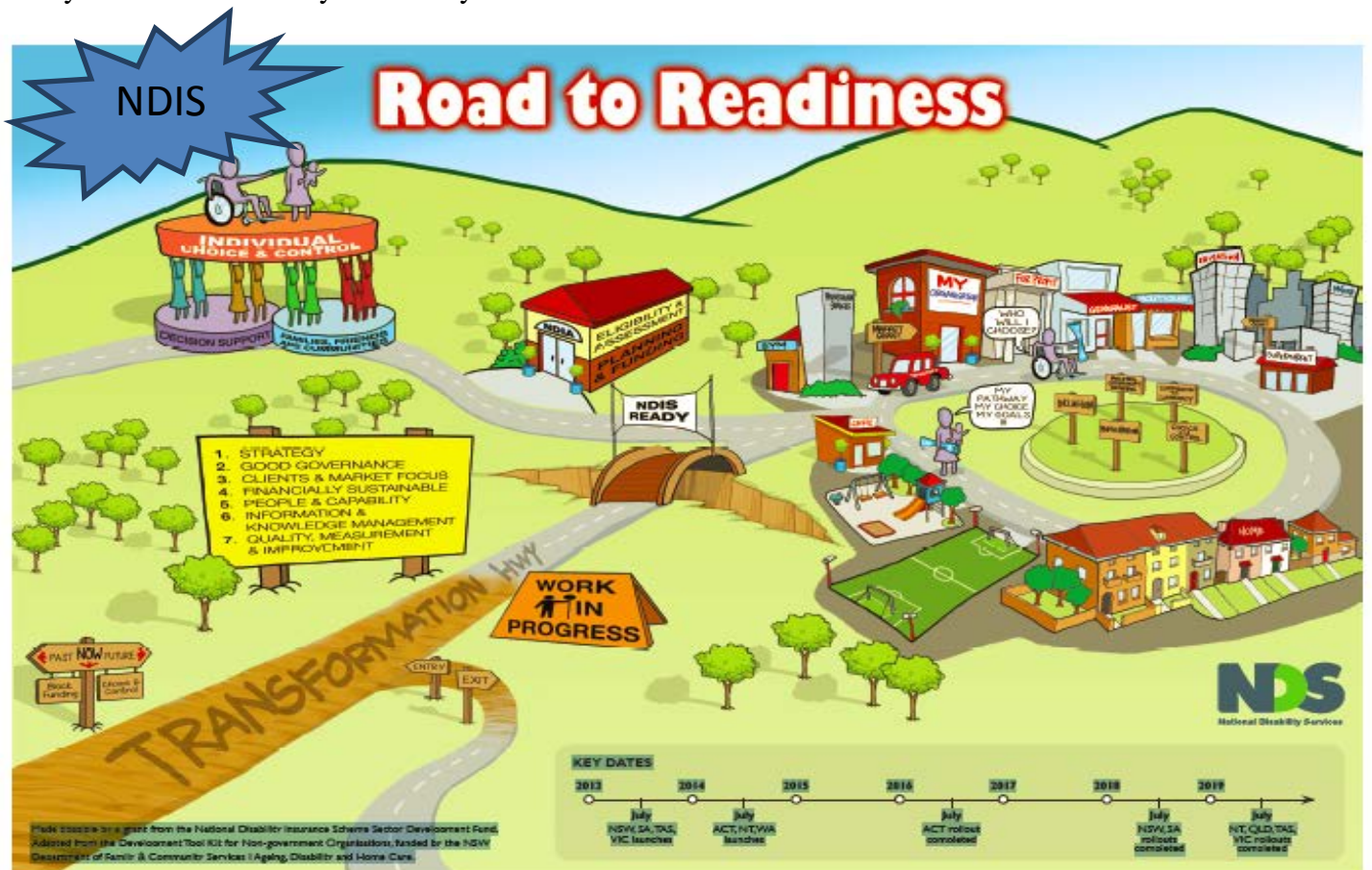
If they are, a stay is usually for a few weeks when they are unwell, as with many other types of illness. There is now an emphasis on treatment in the community so that people can continue to live at home. However, we need to ensure that there is sufficient support in the community for people with a mental illness — accommodation, rehabilitation, recreation and help back to work. Understanding and respect from others is an important form of support that all of us can give.

Fact: Mental illness is treatable

Contrary to what is commonly believed, most people with a mental illness recover well with appropriate ongoing treatment and support. For some there will be a psychiatric disability. The vast majority of people with a psychiatric disability are able to live independently (and often to work) in the community, if given the opportunity and support to do so.

How do I find out more?

Talk to your doctor about any concerns you have.



(Source: www.sane.org)

MELBOURNE CUP LUNCH

MARK
YOUR
CALENDAR

What's a better way to spend the Melbourne Cup Day than to share a lunch with friends? Here at Emmanuel Centre, we'll celebrate the race that stops the world by eating, drinking, and being merry. Do come and join us:

WHERE: **Emmanuel Centre, 25 Windsor Street, Perth**

WHEN: **Tuesday, 4 November 2014**

TIME: from **11am**.

Please bring a plate to share.



FATHER PAUL'S 75TH BIRTHDAY BBQ LUNCH

*Just in case you didn't know,
75th birthday is coming for our fellow.
He'd probably say not to bother,
but of course we all know better.*

*So a party it is we will be having,
for dear Father Paul who is so giving.
This is a note so you'll remember,
our BBQ lunch on 23rd November.*

Please come and join the celebration:



MARK
YOUR
CALENDAR

Barbeque at Emmanuel Centre Celebrating Fr. Paul's 75th Birthday

12:00pm Sunday 23-11-2014

Meat, fish and cool drinks provided or BYO.

RSVP 20th November, 2014

Call: 08 9328 8113

Email: emmanuelcentre@westnet.com.au

Emmanuel Centre, 25 Windsor Street, Perth 6000.



THE “UNHEALTHY BABY”?????

(Text abridged from article in Link Magazine August 2014 by Paralympian swimmer Karni Liddell, pictured)

Hearing expectant parents constantly express their desire for ‘a healthy baby’ led to a light-bulb moment for Karni Liddell. The Brisbane woman, who has a muscle wasting disease called Spinal Muscular Atrophy, realised that she had once been the unhealthy baby that many people feared. “I had never really thought about it until I began hearing people say they didn’t care what the gender was, as long as their baby was healthy,” says Karni.

“I completely understand our desire to have a healthy child. My message was purely around the language we use.” Karni believes that by expressing a desire for only healthy children, we are telling the ‘unhealthy babies’ they are not wanted. Instead, she advocates changing the word ‘healthy’ to ‘happy’. As a society we understand the power of words – we hear constantly of people killing themselves because of bullying. Words kill, words scar, but words can also empower and heal.”

“Many children are born who or different or with a disability due to reasons out of our control,” she says. “When parents have a child is different or with a disability the people around them feel sympathy and sorrow for that family and this baby is often not celebrated in the same way as another child born .

“However, I believe we are all capable of adapting to whatever we are born with. Charles Darwin said ‘It is not the strongest of the species that survives, it is the one that is most adaptable.’ I believe that with the right equipment, support and attitude people who are different or with disability can lead their best lives. People just want to feel loved, accepted, connected and recognised. Parents of children may not be able to give their kids able-bodies, but they can give them best lives.”

Karni argues that by wishing for a ‘happy’ child, we enable the ‘unhealthy’ babies amongst us to feel cherished and wanted. “By saying that all we want to have is a happy child will not increase the chances of having a child with a disability, however it will increase the chances of people like me feeling valued and accepted.”

Crucial to making disability more accepted, argues Karni, is changing the presumption that having a disability is the worst thing that can happen. “I have met many miserable and unsuccessful able-bodied people; being able-bodied doesn’t automatically mean happiness and success. Therefore we shouldn’t assume that having a disability means a terrible, unsuccessful life. I will never be able to walk along the beach, but I can swim, I can speak, I can love, I can laugh and make people laugh, I can live independently, I can contribute, and I am enough.”



GET INVOLVED



Auslan Café

Free Auslan classes followed by lunch

Where: Emmanuel Centre, 25 Windsor St, Perth

When: 3rd Sunday of every month (19 Oct, 16 Nov)
from 10.30am to 12 noon

More info: Contact Emma or Barbara

emmanuelcentre@westnet.com.au

Mass & Morning Tea

 Catholic Mass with Sign

Where: St. Francis Xavier’s Church,

Language Interpreter and Powerpoint

23 Windsor Street, Perth

When: Every Sunday morning 9.30am

Morning Tea: 1st Sunday on every month morning tea.



Nowadays the carol *The 12 Days of Christmas* is more closely related to gift-giving, however this carol probably had its origins during the 16th century. It was during the English Reformation, when Christmas was abolished and England were prohibited by law to practice their faith either in public or private.

It appears that *The 12 Days of Christmas* is a song of Christian instruction dating to this period, with hidden references to the basic teachings of the Catholic faith. It functioned as a catechetical tool for teaching children the basics of the faith.

The “true love” mentioned in the song is not an earthly lover, but refers to God. The “me” who receives the presents refers to every baptised person who is part of the Christian faith. Each of the “days” represents some aspect of the Christian faith that was important for children to learn.

The “partridge in a pear tree” is Christ Jesus upon the Cross. Christ is symbolically presented as a mother partridge because she would feign injury to decoy a predator away from her nestlings. She was even willing to die for them. The tree is the symbol of the fall of the human race through the sin of Adam and Eve. It is also the symbol of its redemption by Jesus Christ on the tree of the Cross.

The “two turtle doves” refers to the Old and New Testaments. The “three French hens” stand for faith, hope and love—the three gifts of the Spirit described by Paul in 1 Corinthians 13. French hens were valued for their beauty and rarity and so they also represent the gifts of the Wise Men at nativity. The three gifts stood for the three aspects of the Christ as King (gold), God (frankincense), and sacrifice (myrrh).

The “four calling birds” refers to the four major prophets—Isaiah, Jeremiah, Ezekiel, and Daniel—who told the coming of the Christ. They also represented the four evangelists who wrote the Gospels—Matthew, Mark, Luke and John—who “sing the song of salvation” through Jesus Christ.

The “five golden rings” represents the first five books of the Bible: Genesis, Exodus, Leviticus, Numbers and Deuteronomy. The “six geese a-laying” is the six days of creation. The “seven swans a-swimming” refers to the seven gifts of the Holy Spirit: wisdom, understanding, counsel, fortitude, knowledge, piety and fear of the Lord (1 Corinthians 12:9-10).

The “eight maids a-milking” reminded children of the eight beatitudes listed in the Sermon on the Mount. The “nine ladies dancing” were the nine fruits of the Holy Spirit found in Galatians 5:22-23: love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control.

The “ten lords a-leaping” represents the Ten Commandments. The “eleven pipers piping” refers to the eleven faithful apostles who witnessed the resurrection and went on to found the Church. Finally, the “twelve drummers drumming” were the twelve points of belief expressed in the Apostles’ Creed.

MOM'S EMPTY CHAIR



two pillows.

A woman's daughter had asked the local minister to come and pray with her mother. When the minister arrived, he found the woman lying in bed with her head propped up on

An empty chair sat beside her bed. The minister assumed that the woman had been informed of his visit... 'I guess you were expecting me, he said.

'No, who are you?' said the mother. The minister told her his name and then remarked,

'I saw the empty chair and I figured you knew I was going to show up..'

'Oh yeah, the chair,' said the bedridden woman 'Would you mind closing the door?' Puzzled, the minister shut the door. 'I have never told anyone this, not even my daughter,' said the woman.

'But all of my life I have never known how to pray. At church I used to hear the pastor talk about prayer, but it went right over my head...'

I abandoned any attempt at prayer,' the old woman continued, until one day four years ago, my best friend said to me,

'Prayer is just a simple matter of having a conversation with Jesus.

Here is what I suggest..

'Sit down in a chair; place an empty chair in front of you, and in faith see Jesus on the chair.

It's not spooky because he promised, 'I will be with you always'..

'Then just speak to him in the same way you're doing with me right now...'

'So, I tried it and I've liked it so much that I do it a couple of hours every day. I'm careful though. If my daughter saw me talking to an empty chair, she'd either have a nervous breakdown or send me off to the funny farm.'

The minister was deeply moved by the story and encouraged the old woman to continue on the journey. Then he prayed with her, anointed her with oil, and returned to the church.

Two nights later the daughter called to tell the minister that her mama had died that afternoon. Did she die in peace?' he asked.

Yes, when I left the house about two o'clock, she called me over to her bedside, told me she loved me and kissed me on the cheek.

When I got back from the store an hour later, I found her.

But there was something strange about her death. Apparently, just before Mom died, she leaned over and rested her head on the chair beside the bed. What do you make of that?'

The minister wiped a tear from his eye and said, 'I wish we could all go like that.'

Prayer is one of the best free gifts we receive.

I asked God for water, He gave me an ocean.*
I asked God for a flower, He gave me a garden.*
I asked God for a friend, He gave me all of YOU...
If God brings you **To** it, He will bring you **through** it.

Happy moments; praise God.
Difficult moments; seek God.
Quiet moments; worship God
Painful moments; trust God.
Every moment; thank God.

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HOW TO MAKE A CLARINET FROM A CARROT

<http://www.youtube.com/watch?v=BISrGwN-vH4>





Newsletter

If you would like to receive Emmanuel Centre's Newsletter; give us your name and address and tell us how you want it in: * Braille, * Mail/Email, * Large Print * Or other format, * Audio CD, Please let us know.

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Facebook: www.facebook.com/auslan.live

SMS: 0401 016 399 **TTY:** 08 9328 9571 **FAX:** 08 9227 9720 **VOICE:** 08 9328 8113

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DID YOU KNOW THAT IF YOU HAVE ACCESS TO THE INTERNET THAT YOU CAN PARTICIPATE IN DAILY MASS EACH DAY THROUGH THE LINK "MASS ON DEMAND?"

<http://www.youtube.com/watch?v=xpl40T-tZ3o>. Check out this link.

I have written and asked about captions for people who are hard of hearing.

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*Your Invitation to our
Christmas Party*

**MARK YOUR
CALENDAR**



Monday 8th December 2014

Program

- 11.00 amChristmas Carols
- 12.00pm.....Lunch and Sharing
- 2.00pm.....Close

**Come join in the singing, have a bite to eat and meet and chat with people.
Please bring a small plate of finger food to share.**

Emmanuel Centre, 25 Windsor Street, Perth, 6000.

RSVP by 4th December 2014