

# The Gippsland Anglican

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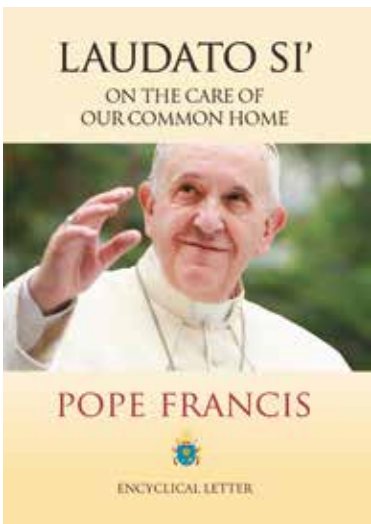


Bp Patrick O'Regan

Bp Kay Goldsworthy

## Two bishops talk

Jan Down



**B**p Kay Goldsworthy, Anglican Bishop of Gippsland, and Bp Patrick O'Regan, Gippsland's Roman Catholic Bishop, will meet in December for a public conversation on Pope Francis' recently published Encyclical about ecology and climate change, *Laudato Si' (Praised Be)*.

The conversation will be held, appropriately, at The Abbey Centre for Spirituality and the Environment on Raymond Island on 19 December, at 11:00 am.

Bp Kay said the discussion will be "a great opportunity to speak of our common home". She said of Pope Francis' Encyclical, "There has been such a wide and welcome response to it. It is engendering a lot of conversation, both in and beyond the Catholic Church".

In a public statement responding to the Encyclical, Bp Patrick wrote "In a world where we can so often opt for individualism, and where it's too

easy to be greedy, Pope Francis calls us to choose a better, richer way, one ultimately based on God's vision of communion and stewardship".

The two bishops are both new to Gippsland, having arrived in Sale within weeks of each other early this year. Bp Kay said they are each learning about their new environment at the same time. She noted that "parts of Gippsland have been so ravaged by the effects of pollution, but I am really aware of its resilience as well".

Bp Kay hopes that Anglicans and Catholics, both clergy and lay, as well as people from

the wider community will come to the Advent ecumenical conversation.

*Laudato Si'* takes its name from the invocation of Saint Francis of Assisi in the Canticle of the Creatures, "Praise be to you, my Lord..." which "reminds us that the earth, our common home, is like a sister with whom we share our life and a beautiful mother who opens her arms to embrace us...This sister now cries out to us because of the harm we have inflicted on her by our irresponsible use and abuse of the goods with which God has endowed her" (from *Laudato Si', A Summary, available at catholic.org.au/laudato-si/laudato-si-introduction*).



The Abbey "Earth, sea and sky: the interdependence of God's people and creation", collage by June Treadwell

## Gold awards for TGA



The gold award winning article by the late Bp John McIntyre, TGA June 2014

*The Gippsland Anglican* has won two gold awards and a bronze from the Australasian Religious Press Association.

*TGA* received the gold awards for Most Improved Hard Copy Publication and for Best Editorial or Opinion Piece. The bronze award was for Best Regional Publication.

Comments from the judges on *TGA's* two awards as a whole publication noted that the decision to include *The Melbourne Anglican* as an insert has allowed the paper to focus on regional matters and "has also involved improvement in paper, design and layout, photographs and articles. The new inclusion and emphasis on regional issues e.g. climate change, drilling, alternative energy, are excellent. These issues take their place alongside church matters".

"A nation defined by war?" was the gold award-winning article written by the late Bp John McIntyre. It was an excerpt from his final Gippsland Synod address, delivered in May 2014.

The judges described the article as "a provocative and passionate plea for Australia to move beyond the ANZAC myth as a defining paradigm for Australia's identity and core values". They said it was a piece "well-written, with clarity, economy and courage that leaves the reader engaged and, at the end, challenged".

*The Melbourne Anglican* and its editor, Roland Ashby, were jointly honoured with The Gutenberg Award, ARPA's highest annual award.

Publication of the Year went to *CrossLight*, the Uniting Church paper of Victoria and Tasmania.

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**Home**

Australian author Geraldine Brooks, speaking on The Idea of Home in 2011, drew attention to various dictionary definitions of "home" as "a place of origin; a starting position; a goal or destination; an environment offering security and happiness; or the place where something is discovered, founded, developed or promoted; a source".

For many Christians the word "home" is central to the way in which God's love is experienced and known. It doesn't seem to matter if that relationship is one which has grown since childhood or came to light in a dramatic moment of conversion and turning to Christ, or even if it is the result of a slow process of journeying from unbelief through disinterest to faith and grace in Christ.

What does matter to many of the people with whom I talk is their deep sense of knowing to whom and where they belong; of being grounded in the love of God, source of all that is; origin, starting point, environment offering security and discovery as well as goal and destination.

It doesn't seem to matter if people are 17 or 70. Living out of, and more deeply into, the knowledge of God's love poured out for them in Jesus is all about "home". Not the kind of home that is some sort of fortress designed to keep intruders at bay. Not the kind of home which is a place of fear and abuse for the vulnerable. Not the kind of home where there is no real welcome of our deepest selves. Not a home which has been invaded



by war. Not the kind of home that is an unattainable memory. Not the uncertainty of home which is someone else's couch or in some wet, cold alley-way, but home.

Home is a place of welcome and safety. It is a place of refuge, a place in which we are free to become who God calls us to be, shaped and tested and reshaped by God's amazing love. This home becomes the place from which we are free to proclaim Jesus' love knowing it can be trusted, to give ourselves to serve others, to invite people – not to be guests in God's home, but to become brothers and sisters, co-workers all of us together, taking our part in ushering in the new day of God's love.

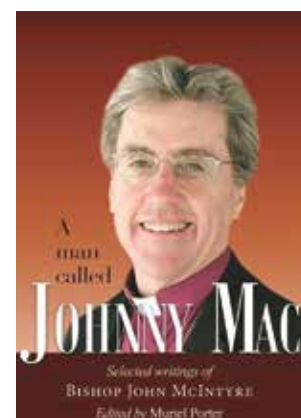
As Australia prepares to welcome 12,000 Syrian refugees, we continue to keep others seeking asylum in off-shore detention centres. It is to be hoped that this situation will soon be changed. These are people seeking a place

that they can call home. The opportunity is before us to make a choice to offer hospitality. The opportunity before us is to give these people a safe and welcoming place to land while they find their feet. The choice before us is to take our part in allowing them the time needed to move from being strangers in a strange land to knowing that there is a place here that

they can call home. For these people, as for so many others before them, finding their way into Australian society, whether in a rural town in Gippsland or in a large Australian city, will depend on our willingness to build a sense of home together.

**Book launch: A Man called Johnny Mac**

At 5.30pm on 22 October the book, *A Man called Johnny Mac* will be launched at St Paul's Cathedral, Sale. This book, overseen by the Diocese and edited by Dr Muriel Porter, is a collection of sermons, addresses, Synod Charges and articles written by Bishop John McIntyre. It includes articles and sermons from John's time as the Rector of Redfern as well as his years as the Bishop of Gippsland. The book will be available for sale at the launch and from the Registry. Proceeds from the book will go to support the ministry of The Abbey at Raymond Island. I do hope you will be able to be there.



+Kau

**The Gippsland Anglican**

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Photo: Jan Down.



Parked cars at Morwell, with chimneys from the Hazelwood power station in the background.

## Country, cars and climate

Jan Down

**E**lectric, hybrid, plug-in hybrid, petrol or diesel? How do you decide what car, if any, to buy? In the context of a changing climate there is an ethical dimension to the choice. Technical information then becomes vitally important, as well as considering personal circumstances. The would-be or maybe car buyer has some questions to ask him/herself.

### Do I need a car?

If you live in town, are fit and healthy and mostly travel short distances without carrying heavy loads, you might have the option of living without a car. Could you use a combination of walking, cycling, car-pooling, bus or train and the occasional taxi? Could you share the ownership of a car? Could the local church look at this question as a whole community? It just might be worth thinking about *together*, especially as the promising Gippy Ride Share trial, involving all six Gippsland municipalities, has now ended with no plans to renew it.

But the reality for most country people at the moment is that they need to own a car. The distances they have to travel and the lack of adequate public transport, as well as the need to transport equipment and goods makes it impractical not to have a private vehicle. And cities like Melbourne will just have to develop better public transport and get more cars off the road, to make up for the driving that has to happen in the country.

But if you live in town, owning a car doesn't mean you have to drive everywhere.

Could you walk the children to school for example? Could you walk to the shops with a trolley instead of using the car to carry the goods? Are there trips where you could take the bus?

The next question is whether to keep the car you have. If it is an old car, it may be less fuel-efficient and more polluting than a new one. But if you sell your old vehicle, presumably someone else will be driving it. The total environmental impact of a car includes the energy used to manufacture it and the impact of its final disposal, as well as the energy used to run it. There are no easy answers.

The government website, [greenvehicleguide.gov.au](http://greenvehicleguide.gov.au) offers some "Tips for Green Motoring" that can help drivers improve fuel-efficiency through the way they drive.

This website also rates new Australian vehicles based on greenhouse and air pollution emissions. Its "Search Older Models" section provides comparative data on the fuel consumption of many vehicles sold in Australia between 1986 and 2003. The site also offers valuable information on electric vehicles; green vehicle guide fact sheets and a truck buyers' guide, so it could be the first place to look if you are in the market for a vehicle.

### Electric, hybrid or plug-in hybrid?

Malcolm McKelvie, a Yarragon doctor and President of the Baw Baw Sustainability Network, drives an electric Nissan Leaf for short trips, but his household also has a Prius (hybrid) for longer distances. They are able to run both the house and the

electric car from their roof-top solar panels and still generate more electricity than they use.

Mr McKelvie said that plug-in hybrids are also becoming available now, which run on electric power, but have a small petrol motor that will charge the battery for longer trips. He said "If we were a single car family looking to replace or buy a car then I would actually go with one of those. Most of our day to day driving is short trips and they would all be electric, pollution-free, and we would still have the ability to do longer trips. A roll-out of public charging stations would be the icing on the cake".

Lance Turner, Technical Editor with the Alternative Technology Association, also says "For rural users, generally a plug-in hybrid or range-extended electric vehicle is currently the best bet, as it lets them do short trips on battery only, yet there's no range anxiety as they have the petrol back-up".

The ATA is a not-for-profit organisation that provides expert, independent advice on sustainable living to households, government, industry and corporate clients. Its website offers a wealth of useful information, such as a list of ten points to consider if you are in the market for an electric car, including the health of the battery if buying second-hand.

In *ReNew*, ATA's technical magazine, Lance Turner lists some advantages of an electric vehicle as: less maintenance; reduced cost per kilometre to run; can be recharged from solar panels or GreenPower; and the convenience of recharging at home (Page 41,

*ReNew* Issue 131, April-June 2015). Disadvantages include the higher purchase cost and the range restriction.

### Petrol or diesel?

The fuel-efficiency of petrol engines has improved so much over recent years that some are now achieving virtually the same fuel consumption as hybrids. All new passenger cars, four wheel drives and light commercial vehicles up to 3.5 tonnes are now required to display a Fuel Consumption Label on the front windscreen so it is very easy for buyers to compare vehicles. This can also be done online of course.

David Gittins, Director of Valley Motor Group and also a member of Bishop-in-Council in the Gippsland Anglican diocese, points out that because of these technical improvements, it is now possible to have good fuel efficiency as well as good performance. This, he says, has mainly been achieved through turbo charging, for both petrol and diesel engines.

Mr Gittins observed that people are now naturally gravitating towards smaller, more fuel-efficient cars, and that manufacturers are being required by governments to meet targets for fuel efficiency. He said the purchase cost of a hybrid is often a deterrent for buyers. The other hidden cost, Mr Gittins pointed out, is replacing the battery, usually when the car is about ten years old. He also comments that

"a customer needs to know if the vehicle they have chosen has a clean battery disposal plan".

Lance Turner writes in *ReNew*, that the cost of replacement batteries for electric vehicles is high, but is expected to halve in the next few years. Old batteries can be used for stationary energy storage. (Page 41, *ReNew* Issue 131).

One reason some people may choose a diesel car over petrol is that diesel fuel can be stored for longer than petrol, which can be helpful on a farm. Diesel vehicles also compare quite well on fuel consumption and greenhouse emissions, but their air pollution has generally been higher than comparative petrol vehicles, especially because of particulate matter and nitrogen oxides emissions, which can cause health problems ([greenvehicleguide.gov.au](http://greenvehicleguide.gov.au)). David Gittins says that this is another area where significant improvements have been made.

Personal circumstances will play a major part in determining the choice of vehicle, but it is possible at least to make an informed choice in light of the now recognised need to keep most fossil fuels in the ground, if we are to have a decent chance of keeping global warming below two degrees.

(See the recent report "Unburnable Carbon: why we need to leave fossil fuels in the ground" by Will Steffen: [climatecouncil.org.au](http://climatecouncil.org.au))



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# The Abbey Feast 2015: another triumph

Sue Fordham

The day may have been grey and cheerless but inside the A Frame it was warm, attractive and smelling of gorgeous food.

This year, the guest chefs were Bishop Kay and her husband Jeri, no strangers themselves to the restaurant industry. And it showed.

For a start, the decor was meticulously planned: crisp white cloths, overlaid with brown paper runners and pots of sunflowers for each table. The tables were herringboned to maximise the central aisle space, the focus of which was a table decorated with a large pot of sunflowers and native greenery. A visual masterstroke!

Menus were in French and English and the cuisine had a decidedly French bias. To begin, guests grazed on a charcuterie plate which had paté, a beautiful pork and pistachio terrine, dill pickle, dried tomatoes and rocket with endless amounts of crusty bread.

Then, there was a choice of two beautiful 'white' soups: cauliflower and truffle oil or parsnip.

The main course also offered a choice between a delicate but flavoursome chicken Provencale and a hearty beef burgundy.

And then there were the desserts: a choice between ginger poached pears or a lemon cream with rhubarb, then finally, a cheese and fruit platter.

The meal was accompanied by special bottlings of white and red wine



Bishop Kay and Jeri at work in the kitchen



Photo: June Treadwell

Happy Winter Feast 2015

bearing the Abbey label and organised by Bishop Kay.

Those with various food allergies had their requirements catered for and no one left unsatisfied.

It wouldn't be an Anglican event without a 'special effort'. The prize was a half dozen bottles of the Abbey wine which was won by Joan Ingle of St Peter's Paynesville.

The feast catered for more than 70 people from 12 parishes. It was a noisy, happy, fun-filled time.

Archdeacon Edie Ashley and Bishop Kay welcomed guests and Robert Fordham spoke of upcoming Abbey events: the diocesan retreat to be led by Bishop Kay on October 23 to 24, the celebration of the 50th anniversary

of the A Frame on November 14 and The Two Bishops Talk, a discussion between Bishop Kay and the Catholic Bishop of Sale, Bishop Pat O'Regan on the Papal encyclical on ecology and climate.

No event such as the Abbey feast could work so well without the generous efforts of the kitchen workers: the Registrar, Brian Norris and wife Kerrie. Three newly communicant members of St Peter by the Lake, Paynesville acted as wait persons: Maddi Stephenson, Filly Lang and Trinity Fordham. They were a credit to us all.

We are also very pleased to report that the event raised \$4000.00 for The Abbey.

## Kids' capers

Mary Nicholls  
Moe / Newborough

Spring welcomed two young kids (goats) at a local Yallourn property and as word spread, Moe GFS girls, BAMB ( Boys Anglican Ministry Moe ) and Playgroup members gathered to join the welcome.

Such simple delights became a highlight for the weekend as the children, petted, fed and frolicked with the goats at Heather and Geoff Baillie's property. No billy goat in sight but the billy cart was also a highlight, demanding team co-operation and precision

steering. We are thankful for our community friends supporting our children's ministry.

Moe Parish is gearing up for it's first **Antique and Collectables Fair**, to be held at Albert Street Primary school facilities on Saturday October 10th. This follows on from a successful July exhibition of parishioners' collections.

This event has attracted stall holders from Drouin to Traralgon and will



Noah from Moe's BAMB group (Boys Anglican Ministry Moe) greets the day old kid

include displays of some ecclesiastical collections of crosses, icons, crucifixes and items from Fr John Goodman's visit to the Holy land, as well as some vintage cars, bikes and irons. Antique appraisals and refreshments will be available throughout the day.

Visitors are most welcome. Entry is \$5.00 with proceeds going towards the Moe and Newborough Ministries.

Boys and girls from the Moe GFS, BAMB and Playgroups rallied quickly on news of baby goat's arrival. Billy cart rides were an added attraction. Pictured with Geoff and Heather Baillie (far right) hosts of the afternoon.



## GFS Kidsplus+Gippsland

The Adult Friends of GFS enjoyed a morning tea in Traralgon hosted beautifully by staff at the BUPA Hostel. We are looking towards maintaining a more regular fellowship time in the Traralgon area where a number of our Townsend (or Adult Members) reside. GFS Gippsland will be celebrating its 130th Birthday over this 2015/ 2016 period, and we are looking towards delving into those archive photos and boxes. Maybe readers of *The Gippsland Anglican* may be able to assist.

### 2016 Gippsland Diocesan Kidsplus+ Camp

Planning is underway for this event to be held 4 – 6 March 2016 at Forest Lodge Campsite Yarram.

Participants aged 6 to 18 years and potential leaders should seek out the camp applications from parishes, diocesan Kidsplus+ Website or enquire on 5127 2929.

Cost is \$100.00, but some financial assistance can be sought through the Kidsplus+ Network which can access limited funds from our Val Downey Memorial Trust fund and the similar May and Dennis Buxton Memorial fund. We are of course always grateful to receive donations towards such causes from individual supporters of this type of ministry.

Followers of the Snoopy scripts will appreciate this camp's theme "Happiness is..." amongst other things – a Kidsplus+ Camp. Join us!



Branigan Kitwood and Willow Nicholls enjoying one of the farm animal enclosures during a reconnaissance visit to the Forest Lodge campsite.



Smiles old and young at Andrews House

## mainly music makes smiles for old and young

Deirdre Crawley – Trafalgar

The *mainly music* group from St Mary's recently delighted the residents of Andrews House, our local Aged Care facility. They packed up and arrived there one morning to conduct their usual program, EXCEPT, that they were to include the residents in their music making.

The residents sang, and beat their clavés or music sticks in time to the music. With bright smiles, they welcomed and joined in with the younger generation. The parents reported making connections too, with the family members of some of the residents, who had been invited to attend. Overall a very happy occasion and successful outreach in bringing the young and young-at-heart together.

The Very Rev'd Steve Clarke



Photo: Jan Down

## New appointment for Steve Clarke

The Very Rev'd Steve Clarke, currently Dean of St Paul's Cathedral at Sale, has been appointed as a Research Fellow at Charles Sturt University, in the Australian Centre for Christianity and Culture, beginning 1 December.

He will be completing his PhD in Public and Contextual Theology and working with the Centre's Director, the Rt Rev'd Stephen Pickard, to develop the Centre's national ministry in Creativity through the Arts, Science, and Theology.

This will include the development of a Festival in the Arts, writing, and public events. Steve will be licenced by the Bishop of Canberra-Goulburn to a national ministry to the Arts and Entertainment Community.

Fiona and Steve will divide their time between Yamba, in northern NSW, and Canberra. They have children and grandchildren in Yamba, so this will be their base for Steve's writing and research and Fiona's song writing, music, and art projects. They will spend blocks of time in Canberra as needed, as well as travelling.

# Prayer tutorials

Glenda Amos – Yarram

The Parish of Yarram is seeking to be changed as we listen to God in prayer. If these words sound familiar it is because they form part of the Diocesan Strategic Directions – "Jesus Christ Here and now for Gippsland".

As a parish we have been seeking new ways of listening to God in prayer. In June we attended Anam Cara's Praying with Icons. In recent months the Rev'd Jo White has been conducting prayer tutorials following Sunday services.

We have looked at:

- Daily Prayer using *A Prayer Book for Australia*
- Christian Meditation
- Anglican Prayer Beads as a guide to prayer
- *The Ignatian Examen* as a reflection in daily life

Members of Holy Trinity, Yarram and St John's, Port Albert have joined Mrs Jo White as she guides us in these ways to enhance our daily prayer.

In the coming months Jo hopes to offer a weekly meditation group as well.

Enquiries about any of these Prayer Tutorials can be directed to the Rev'd Jo White at the Rectory in Yarram.

### Anglican Prayer Beads

As a parish we found it a surprise and a delight that Anglicans use prayer beads as a form of contemplative prayer.

Prayer beads are found in every major religion and have taken many forms over time. Buddhist and Hindu prayer beads date back to the 8th century BC. Early Christians would transfer small stones from one bag to another as they prayed. This practice evolved into using strings of beads. The purpose of all prayer beads is as an aid to meditation or contemplation. Fingering the beads helps us stay focused and provides a gentle structure for our prayer.

Anglican Prayer beads differ from the more familiar rosary in that they consist of 33 beads divided into four groups of seven. There are no set prayers for use with these beads; however, they do lend themselves to prayer for

the world, the church, those in need and the faithful departed while affirming our trust in the grace and love of God.



Sue and Jo discuss Anglican prayer beads

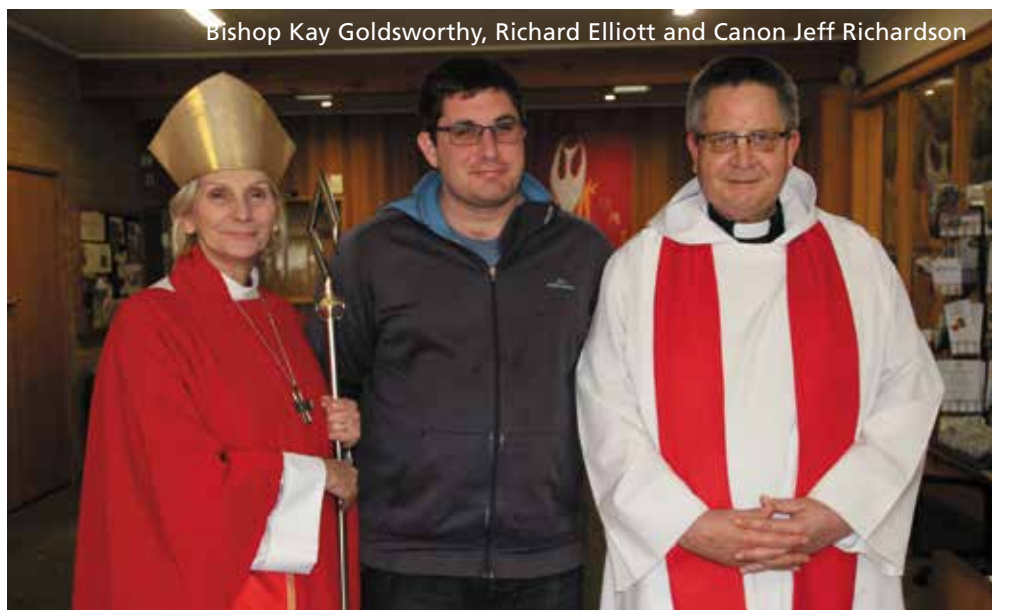
## Traralgon Confirmation and Reception

Shelley Cooper – Traralgon

Reception into Communicant Membership and Holy Communion.

The Bishop of Gippsland, the Right Rev'd Kay Goldsworthy, recently visited the Parish of St James' Traralgon to lead a service of Confirmation and

James and Michael McKay along with Richard Elliott were confirmed and Alison Edgar was received into Communicant Membership and Holy Communion. Afternoon tea followed.



Bishop Kay Goldsworthy, Richard Elliott and Canon Jeff Richardson

# The Church, why bother?

John Batt reflects on Phillip Yancey's latest book, *Vanishing Grace*, and on the associated study groups at Neerim South

This is a question that many Australians are asking and that many have chosen to answer by voting with their feet! Whilst most Australians are generally supportive of the work of the church, the greater majority do not necessarily see the need to join or be a member of their local church communities. When asked why, many have told me that they are attracted to the "Jesus of the Gospels" but for various reasons that does not translate into church attendance.

Someone once remarked to me that church membership is akin to joining the CFA; everyone wants the CFA (Church) to be there to help them in the case of a fire (emergency) but not everyone wants to do the weekly grind of keeping the doors open. Perhaps they have not discovered the blessing that it is in "giving that we receive". The traditional understanding of church membership is that public worship is not an optional extra but at its best it is a joy and blessing; notwithstanding it is also a necessary spiritual discipline for all baptised believers.

However, we are living in a time when many do not regard church attendance in this way. Church membership and attendance rates are at an all-time low in the western world. In Australia, the



Participants from the *Vanishing Grace* study groups

decline has been gradual since the late 1970s, but more pronounced in the last decade.

### Grace centred and life-giving

Perhaps one of the greatest gifts the church can give to society members finding it hard to connect meaningfully with one another is an invitation into membership of a loving, caring Christian community life. Such a community, to use some of Philip Yancey's terminology, is characteristically "grace centred" and "life-giving".

Yancey's latest book, *Vanishing Grace*, explores the issue of falling church attendance rates in the specifically American, but by association, the wider western context. The book is described by one reviewer as like a "dinner party where you meet people you might not have known otherwise, such as Henri Nouwen, Dr King, Jürgen Moltman and Kathleen Norris" to mention but a few. Nicky Gumbel of Holy Trinity

Brompton (Alpha) suggests that "with his keen insight into cultural change, Phillip issues a warning to all of us who love Jesus Christ to offer 'the fragrance of life' to a world which needs it so desperately".

### Fresh Expressions – pilgrim, activist and artist

The book has much in common and adds to the conversation about "Fresh Expressions" of church. Yancey draws attention to "pilgrims, activists and artists", as one of many possible models for how we are to communicate the gospel message to "a world that's running away from it". In keeping with Yancey's earlier writing about *Amazing Grace* the essence of the book's message is a call back to a restorative and redemptive theology and its practical outworking through the church.

Such a theology is at the heart of Jesus' earthy interactions with the people he encountered as recorded in the

gospel accounts. A book or Bible study series that has as an objective to remind us "of the good news that is at the heart of their faith" is worth consideration. The 20 or so folk in our parish who attended the small groups based on the DVD series were both challenged and encouraged. I can recommend it as a great way to begin discussions on how the church might interact in mission with an increasingly complex, apathetic and at times hostile social context.

### What exactly does the church have to offer a broken world?

The book comes with a DVD companion that offers five 20 minute presentations by Yancey and other guest presenters to explore the topic of "what exactly the church has to offer a broken world". The DVD records various people's reactions about their impressions of the church. Some felt judged by the church and saw its role as a moral policeman rather than a place of healing where in Yancey's terminology "Grace" is dispensed.

Indeed, Christians often appeared to be "bearers of bad news, rather than good news". The DVD series has suggestions as to how to encourage a church culture which is life-giving.

In my experience, it makes for a very useable discussion/Bible study series and comes with a booklet with discussion questions. I found the Bible study booklet a little complex; however, the questions are also adaptable. I bought the book, DVD and Bible study from Koorong but understand it is also available through Amazon.

*The Rev'd Dr John Batt is rector at Neerim South*



Charles Spencer with some of his grand children and great grand children, at the celebration of his 70 years as a Lay Reader earlier this year

## VALE CHARLES ROBERT SPENCER

1926 – 2015

Jill Sullivan and Carolyn Raymond

On Friday 18 September at St Mary's Morwell, many people from across the Diocese came to celebrate the ministry and life of service of Charles Spencer.

The Rev'd Heather Marten returned from Bendigo and Bishop Kay joined us to honour this remarkable man. Only

a few months ago we celebrated with Bishop Kay, Charles' 70 years as Lay Reader in this Diocese.

Charles first began his ministry as a Lay Reader when he was 18. He was a well-known sight riding his bike around the

parishes of Boolarra/Yinnar and East Budgeree. The story has gone down in church history how one Sunday it was very wet, but Charles as usual rode his bike out to East Budgeree. When he arrived at the church no one was there. Then all the congregation slowly arrived. They had assumed he would not come out to take the service as it was so wet. As he passed their farms on his bike, and the families saw him, they hurried to get ready and to come to church.

Charles lived and worked in Yallourn and worshipped and served at St John's. Many years later he moved to Morwell and worked in the parish for 30 years. Here he continued to take services, ministering at the Nursing Homes and taking home communions. He was a long term member of Parish Council and a Church Warden as well as a bell-ringer. For many years he managed the Columbarium.

Charles also worked for many Diocesan organisations. For 21 years he was a member of Bishop in Council. He was a Synod Representative and a Lay Secretary of Synod. He was installed as a Lay Canon of the Cathedral.

Charles approached his work with a great respect for detail and was always well prepared for meetings,

reading the agenda beforehand and preparing his response to each item.

Charles had a great love for language. His sermons were well researched and clearly articulated, and he expounded his beloved scriptures with clarity and meaning.

Charles really cared about others. He loved his family and was so proud of all his grandchildren and now great grandchildren. He did not worry about the situations of others he met but offered his care without judgement and gave his time generously. The Rev'd Heather Marten recalled how for years he would join in the daily office with her, four days a week. She felt very supported by his regular presence with her in worship.

Charles loved his family, his church family and his community and did not differentiate between these groups. He worked for the Bowling Club Committee, Red Cross, School Councils and other groups. Wherever he saw a need he would be there to assist.

The number of people who came to celebrate Charles' life with his family shows the great esteem in which Charles was held by the congregation of St Mary's, the Diocese and the community. Thank you Charles for your tireless service to all.

# Back to the 1960s

Wendy Nickson  
Lakes Entrance

On Sunday 6th September, St Nicholas' Church at Lakes Entrance welcomed members of the other churches in the town to an Ecumenical Service with a difference! The theme was the 1960s and many dressed up to look the part.

The music was from that time when many of the songs appearing on the pop or folksong charts had a spiritual meaning. These were the tunes we sang during the evening with great gusto: "Michael Row Your Boat Ashore", "Kumbaya", "Where have All the Flowers Gone" and so on. We were ably led by our musicians who did a great job, and the occasion was enjoyed by all.



The Rev'd Barb Logan adds to the atmosphere



L-R Shirley Murray, Viv Dunkley, Fay Kleehammer and Wendy Brady

## COWES' NEW INVITING SIGNAGE



NEW SIGNAGE IN FRONT OF ST AUGUSTINE'S, COWES, PROVIDES CLEAR INFORMATION AND WELCOME. THE SHOP OFFERS A CUPPA AND PERHAPS A HOME-MADE CAKE, AS WELL AS SHELVES OF BOOKS AND OP SHOP GOODS FOR SALE.

## Reclaim Christmas!

We can celebrate Christmas with sumptuous simplicity and reclaim it as a grand Christian feast without the commercialism and consumerism of our society.

Here are a few ideas:

- Create great liturgy and music with all stops out – whatever the church style
- Make lavish decorations – from the garden. Huge sprays of gum leaves?
- Make cards and presents, buy from fetes, op shops or charities, or just keep a limit on spending
- Enjoy cooking together – involve multiple generations in the kitchen and pass on traditional recipes to the young ones. No one needs to slave on their own
- Invite someone to dinner who has no one to celebrate with
- Give generously to Christian organisations like World Vision, Anglican Overseas Aid, Anglicare, TEAR etc.
- Make times for quietness and prayer

## Leongatha's Daffodil Festival 2015

Leongatha's Daffodil festival this year had 18 displays, 20 large Flowers in Praise and as many small ones, and Anglicare information was also on show. There were local garden photos on screen and background music could be heard in the quiet times (not very often!).

Lunches, morning and afternoon teas were very well attended. Visitors came from Melbourne, Glen Waverley, Bairnsdale, Mallee and interstate as well as from the local area.



Locals and visitors enjoy coffee, cake and a chat

Coffee, tea, water and cordial were a complimentary (Mt 10.42) part of our hospitality. June Knott greeted visitors and sat with them, especially those on their own.

Leongatha Library held its book sale in the hall for the first time on Friday and Saturday.

Johanna Haasjes (Leongatha Christian Reformed Church) canvassed support for refugees.

Donations and proceeds of calendar sales went to Anglicare.

TEAR Australia's Useful Gift Shop display



- Run a TEAR Australia Useful Gift Shop at your church in November /December, selling "gifts" of chickens, goats, safe water, school packs and many others to support long-term poverty fighting projects run by TEAR Australia's Christian partners.

For more information and to order your Useful Gift Shop resources: [tear.org.au](http://tear.org.au)

From the schools



Tim Costello talking with students during a recent visit to Gippsland Grammar Garnsey Campus.

## 40 years of 40 hour famine

World Vision CEO Tim Costello recently visited Gippsland Grammar Garnsey Campus.

The Rev'd Tim Costello spoke to senior students about hope and finding meaning in our world today and encouraged students in their ambitious task of raising funds for this year's 40 Hour Famine.

Mr Costello also took time out to speak with many students, first visiting the Year 9 cohort who support a World Vision sponsor child and later tackling more difficult questions in a Global Politics class. Year 10 students

cooked and served lunch for Mr Costello, teachers and staff, to raise funds for their sponsor child.

This year World Vision celebrates the 40th year of the 40 hour famine. Gippsland Grammar has a number of highly engaged individuals who have taken part in this year's 40 Hour famine.

Tim Costello also addressed a huge community congregation at the school's Chapel on Tuesday evening.

### VALE – Charles Sligo

Former Headmaster of Gippsland Grammar, the Rev'd Charles Sligo, died on Saturday 5 September, 2015.

Mr Sligo commenced at the then Gippsland Grammar School in 1970, having come from Brighton Grammar Junior School. In August 1970, a decision was made to amalgamate Gippsland Grammar School with St Anne's and so in January 1971, the St Anne's and Gippsland Grammar School came into being.

Mr Sligo was appointed Principal of the newly formed school, with Miss Lorna Sparrow as Vice-Principal and Headmistress and

Mr Tom Binks as Headmaster of the Junior School. Over his time at the school, Mr Sligo oversaw many changes and his contribution was outstanding. His excellent leadership was reflected in the stable environment that he created and at his final speech night, he declared his faith in the school and its ability to survive and thrive.

In 1975, Mr Sligo became the third Headmaster of Ivanhoe Grammar, a position he held until his retirement in 1995. He is survived by his wife Betty and children, Prue, Graeme and Tim. His funeral service was held on Thursday 10 September at Christ Church, South Yarra.



(L to R) Celebrating at the 2013, 20th anniversary of the Chapel of St Anne: Former Headmaster of Gippsland Grammar, the Rev'd Charles Sligo, Mr Jim Beard, Mr Campbell Bairstow, with current Deputy Principal and Head of Garnsey Campus, Ms Jan Henry

## St Paul's students and community revegetate Brooker Park



St Paul's Sustainability Captain Jessica Garcia with Year 1 students Teagan Coldebella and Isabella Sowerby planting trees in Brooker Park for the Brooker Park Regeneration Project.

St Paul's Anglican Grammar School is leading a multi-partner community project which will improve, through revegetation and education activities, the quality and connectivity of threatened species' habitat in a section of Hazel Creek which runs through popular Brooker Park, Warragul.

Restoring habitat through student environmental activities as well as broader community events will improve the awareness and involvement in protecting fauna, in particular the Growling Grass Frog (Endangered), the Warragul Burrowing Crayfish (Critically Endangered) and the Giant Gippsland Earthworm (Endangered).

The Project Team includes representatives from the Baw Baw Shire Council, West Gippsland Catchment Management Authority, Warragul Urban Landcare Group and the St Paul's Anglican Grammar School's Environmental Sustainability and student groups. The outcome of this project will see 0.55 ha revegetated by students and the community.

In July this year students from the Warragul Campus Early Learning Centre, Junior School and Secondary School took part in a tree planting day where a total of 700 trees were planted with assistance from St Paul's teachers and representatives from the Baw Baw Shire Council.

As a part of the Brooker Park Regeneration Project, members of the community took part in a tree planting day on Sunday 26 July. Approximately 40 residents attended and planted about 1000 more trees.

St Paul's has also hosted an educational seminar presented by Dr Beverly Van Praagh (Invert-Eco Consultancy) on the endangered Giant Gippsland Earthworm and Warragul Burrowing Crayfish.

Upcoming events include a "Frog Stomp with Dr Greg Hollis" at St Paul's Science Centre Lecture Theatre on Wednesday 14 October at 7.00 pm and a "Going Batty with Wildlife Unlimited" presentation at St Paul's Science Centre Lecture Theatre on Wednesday 18 November at 7.30 pm.



Before and after photos of Brooker Park





# God loves what he has made and so should we

Rich Lanham

In the book of Genesis chapter 1 we have the account of God creating the heavens, the earth and people. In this story God uses the word “good” seven times. He looks at what he has created and says that is “good”. On the last occasion God looks at all he has created and say that it is “Very Good.” The end of chapter 1 reads:

*So God created human beings in his own image. In the image of God he created them; male and female he created them.*

*Then God blessed them and said, “Be fruitful and multiply. Fill the earth and govern it. Reign over the fish in the sea, the birds in the sky, and all the animals that scurry along the ground.” Then God said, “Look! I have given you every seed-bearing plant throughout the earth and all the fruit trees for your food. And I have given every green plant as food for all the wild animals, the birds in the sky, and the small animals that scurry along the ground – everything that has life.” And that is what happened.*

*Then God looked over all he had made, and he saw that it was very good! And evening passed and morning came, marking the sixth day.*

So I think it would be fair to say that God is very happy with his creation. He values it and loves it.

The risk God takes with us is amazing; his desire to see us become all we are created to be, by allowing us to live into that reality is amazing. At the same time, the cost to him is great. I think one of the most amazing aspects of our story as human beings, in God’s story of creation, is that he wants us to be part of it, even though our participation is often the cause of so much pain and destruction.

Imagine the most precious thing you own or have worked

for. It has cost you greatly, or you have spent hours and hours making it or completing it. You are so pleased with this thing that you want to show it to everyone or tell them about it. You are proud of your achievement and the results of your hard work. Imagine you are asked by a good friend or family member if they can borrow this item, either to use or display. Imagine now how you would feel if when they had



finished with it and returned it to you, it was broken, damaged or no longer functional.

I know we can connect with how we feel about the things we value and how we feel if someone doesn’t look after these things if they borrow or use them. I also know that comparing things we own doesn’t do justice to comparing God’s love for his creation, but I simply want you think about the idea of valuing what you love and how you expect it to be cared for.

God says that His creation is good. Scripture is filled with verses that communicate God’s great love for us and his desire for us to love him. God has given us the responsibility of caring for what he has made. As followers of Jesus we desire to value what Jesus values. Jesus values God’s will and God’s will is that we are stewards or caretakers of his creation.

Matthew 22: 37–40 says:

*Jesus replied: “Love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the first and greatest commandment. And the second is like it: ‘Love your neighbour as yourself.’ All the Law and the Prophets hang on these two commandments.”*

Jesus says in John 13:34-35:

*“A new command I give you: Love one another. As I have loved you, so you must love one another. By this everyone will know that you are my disciples, if you love one another.”*

As followers of Jesus we want people to know that God is there and that he loves them. We want them to know that Jesus is real and that he has paid the price of their sin and opened the door that we closed by rejecting God as our creator. When we love and care for God’s creation we are showing God’s love by living as his people. When we see creation as a gift from God and not something to be exploited and abused we honour God’s care for us.

But I think there is something else we can do for God’s creation, as we love others as Jesus has loved us. We can let people know that they are created in the image of God, that they are image bearers. What if people just need to be reminded that they are created in the image of God? What if the problem of sin is that it blinds us to our true nature as God’s creation? What if instead of telling people that they are sinners and working backward from there, we instead let them know that they are loved by God and that sin keeps us from knowing this God has done all he can through Christ to break the power of sin in our lives, which blinds and binds us and keeps us from experiencing the love of God. We are called



Then God looked over all he had made, and he saw that it was very good!

to love as we have been loved and care as we have been cared for. We “Safeguard the integrity of creation and sustain and renew life on earth”, because people need to see that followers of Jesus are present in this life and not just the life to come; that God’s Kingdom is here now and not just to come. God loves what he has made, and so should we.

*The Rev’d Rich Lanham is Diocesan Youth Officer and Missional Priest of the 123 Project.*

## PRAYER

*Dear Jesus, thank you for all you have done for us and given us. Thank you for the world we live in and the way your earth provides for us. Help us to show our love for you by loving what you have made. I pray you will challenge us to consider how we consume and utilise the resources you have blessed us with. In your precious name, Amen.*

## A-frame turns 50: Grand Celebration High Tea

14 November

In honour of the A-frame at The Abbey on Raymond Island turning 50, a special Celebration High Tea will be held at 2:00 pm on Saturday 14 November.

This will be a time of remembering the last 50 years and looking forward to the future. We are calling on all people who have been involved to come along and celebrate together. RSVP to: 5156 6850 or info@theabbey.org.au



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# Awe and responsibility

**Sue Jacka**

Most people would have experienced a sense of awe at the wonder of the natural world. For believers this leads naturally to praise as the well-loved hymn says, "Then sings my soul, my saviour God to thee, how great thou art!" God's sovereignty over creation is through Jesus Christ who, as the Word of God, was in the beginning and all things came into being through him. (John 1:3).

In Genesis 1:28 God blessed humanity and gave us authority to have dominion over the earth, its animals and fish. Over recent decades, there has been considerable debate about just what "dominion" looks like. It is our human responsibility to be good stewards of all that God has entrusted to us, including the natural environment. It is not sustainable to simply make use of the world's resources without thought to either the needs of the poor in today's world, nor the health of the planet for future generations.

The Anglican Communion's 5th mark of mission is "to safeguard the integrity of creation and to sustain and renew life on Earth" reminding us that the way we treat our natural environment is a part of what it means to fulfil our baptismal promise to "shine as a light in the world to the glory of God the Father". It also encourages us to actively work on renewal and restoration of the parts of the ecology that have become degraded.

In practice we are urged to weigh the environmental as well as the financial costs of all church activities. Many parishes have installed rainwater tanks,

water efficient gardens and solar panels. It is not difficult to wash cups rather than use disposables which end up in landfill. These actions are commendable. Energy is part of God's provision, and renewable energy should become the standard wherever possible because it enables the long term well-being of all life on the earth.

Churches, both nationally and at a local level, also have a social responsibility to speak out on such issues. I am encouraged when Christians are willing to work together with others to promote stewardship of the earth such as The Abbey's sustainability festival, community garden projects and the Coal Seam Gas Free events in many towns across Gippsland.

At Trafalgar we celebrate 'Earth Hour' which allows the wider community to



The Rev'd Sue Jacka

get alongside us as we teach our children about wise use of energy over a campfire dinner. Politically, the national Anglican church encourages us locally and regionally to advocate for a sustainable economy with government, giving high priority to environmental and social as well as to economic imperatives.

In our services, we can make use of the General Synod Liturgical Commission's liturgical resources which encourage worship that expresses the relationship between

Creator and creation as an integral part of the church's yearly pattern of worship and teaching. That way, as we sing praises to our Creator God, we will also be mindful of our stewardship responsibilities.

*Information for this article was drawn from the national General Synod's Anglican Consultative Council's Resolution (ACC14.15 2009)*

*The Rev'd Sue Jacka is Rector at Trafalgar.*

## EDITORIAL

### Plan B

As the truck sticker says, "Without trucks, Australia stops".

Our economic system, our whole way of life, is dependent on oil, coal and gas for most of our basic needs. We use oil to grow and transport our food. We use it to manufacture most of our goods, from clothing to cars and computers. We depend on coal and gas for energy. Yet we are told most coal, gas and oil needs to be kept in the ground if we are going to keep global warming below 2 degrees, a figure not so much safe as agreed upon by most countries.

"To have just a 50:50 chance of preventing a 2°C rise in global temperature: 88% of global coal reserves, 52% of gas reserves and 35% of oil reserves are unburnable and must be left in the ground." This is the finding in the recently released Climate Council report, *Unburnable Carbon: Why we need to leave fossil fuels in the ground*, by Will Steffen.

We now have 0.85 degrees of warming, and because of lags in the system we are locked into reaching at least 1.5°. <sup>(1)</sup>

The situation is clearly outlined in *A Climate of Hope: Church and Mission in a Warming World*, by Claire Dawson and Dr Mick Pope. Dr Pope, an Australian meteorologist and Christian theologian, explains that we have already seen profound impacts for less than one degree, such as the European heat wave of 2003 which led to 70,000 deaths. Malaria is spreading to new areas.

We are heading for about one metre sea-level rise by 2100 and the mass migration of billions of people.

We are on a trajectory for four degrees by the end of the century, and Dr Pope reports this would mean more than 80 per cent of most countries in Africa would be unsuitable for growing crops. Disaster and emergency would be "the new normal" (p 99).

The poorest countries are being hit hardest, as Christian aid and development organisations attest. We have to stop burning fossil fuels AND we are completely dependent on them.

There are various responses being made to this situation. Some people are hopeful that we can transition to completely renewable energy while maintaining our current way of life. Others believe this to be impossible, and see the solution in terms of a much simpler, more localised way of life (see [simplicityinstitute.org](http://simplicityinstitute.org)).

What should the church do? Dr Pope was reported as saying that climate change and other ecological crises are gospel issues because they stem from human evil, greed and selfishness (TMA September 2015). This is in accord with the decision to include care of creation as the 5th Mark of Mission in the Anglican Church.

Dr Pope's suggestions as to what individual Christians should do are all good, but is it possible for churches to think *together* about how to be the church in this time? This puts a different light on the term "fresh expressions" of church.

We need to go beyond solar panels and light globes, to thinking about how we are going to live in a completely different system. The old one is broken. The church should be at the forefront of creating the new one.

(1) World Bank Report, 2014



## A LASTING GIFT: A bequest to the Anglican Diocese of Gippsland or your parish

The Church, over the years, has been blessed with the generosity of Anglicans and others in support of its mission. One way you can support this ideal in a relatively easy way, is to make a gift through your will. In the first instance, of course, you will consider carefully the needs of your immediate family and friends before proceeding with a bequest to the church.

We offer a way of helping you to carry out your wishes. Your gift, through your bequest, will be very much appreciated. You may wish to support the Diocese of Gippsland as a whole, or your own parish, or for a particular purpose.

Making your bequest in your Will is a simple procedure, although in preparing or amending your Will you should always consult a solicitor. The Registrar of the Diocese of Gippsland has information to assist you in making a bequest, including the form of words you and your solicitor might want to use.

Telephone Brian Norris on 03 5144 2044, or go to [www.gippsanglican.org.au](http://www.gippsanglican.org.au) and search 'bequests'.

# Severe depression: a glimpse at the impact

**Bruce Charles**

Buddy Franklin, an elite sportsman, coming to the climax of the football season – a man who seems to have everything in worldly terms – cannot play because of mental health issues.

It is difficult for many people to understand the impact of severe mental health issues. Most people suffer from depression in some form during their life. Depression is part of the existential anguish, or in other words, the pain of existence resulting from the fall. People battle on, but severe mental health issues are different.

I had battled depression for many years. For most of that time, I was not even aware that I had depression. I just used to give myself time to feel bad. But I never expected what happened to me to happen.

The battle had been getting harder and harder, although I had regular counselling for many years. In April 2013, after two weeks holidays, one week of which was spent trying to catch up on a huge backlog of paperwork, I sat down at my computer to begin work. I looked blankly at the screen. I had no idea what I was doing; I was totally dissociated from everything. The more I tried to pull myself together, the worse I felt. I panicked. I had just finished holidays, and had used all of my long service leave, over several years, to try and catch up with my life. I had no leave left.

I was referred to a psychiatrist and admitted to a psychiatric hospital, where I had five weeks of sessions every second day with a psychiatrist, who also is a very good psychologist, as well as group work. We explored the causes of my depression which went back to very early childhood and included the trauma caused by living on part of the battlefield of Guadalcanal as well as sexual abuse by a Solomon Island servant, to just touch on the causal story. My intellectual solution to my chaotic emotions had become totally ineffective.

This was all exacerbated by my work as a priest; long hours, 24/7, and the impact of many crises without any debriefing, until more recently, and even then time and distance often made it difficult. When I started ministry there were no professional standards

protocols. I am Anglo-Catholic by spirituality but distance and circumstances often made it difficult to see a mentor. In my first two parishes I spent one working year of six in the car. Finding an appropriate person to talk to in a rural diocese is not easy. My first two spiritual directors died. You don't just go back to your office for a debrief. You travel to see someone when you can.

Whilst in the hospital, I met many people, from all walks of life, whose condition was similar to or worse than mine.

I had studied prayer and meditation for over 40 years and prior to my moment of crisis, had been meditating and praying at least 3 hours a day before beginning my normal schedule. Suddenly this was of no benefit. They taught us mindfulness in the psychiatric hospital which was like taking coal to Newcastle. There seemed to be nothing I could do, inwardly, to recover. I accepted being prescribed medication to change the way my brain took up serotonin.

This pattern of powerlessness has gone on for nearly 2 ½ years, during which time I have been unable to work. Until recently, I was sleeping three nights in seven. Days and many nights were spent searching within myself for answers, going through the filing cabinet of my mind, pulling out files and then putting them back as they were not the answer. Daily fighting thoughts of suicide or self-harm, knowing I would never do it because of my faith but deeply troubled at the emotions.

God seemed so distant; perhaps God was even punishing me, although my medical practitioners assured me that I was sick – it was like having a broken arm. I could never really accept this but I never lost faith. Many days spent, incapable of doing anything, struggling to go for a walk and incapable of even looking for a piece of paper in my office.

Hopefully, a sketch of my story, which is similar to many, will help people understand why Buddy Franklin could not play in, at least, the first week of the finals.

*The Rev'd Bruce Charles  
Moe*

## ABC Radio National's Religion Programs

Frequencies: Bairnsdale - 106.3 FM (3ABC RN)  
Melbourne - 621 AM (3RN)

### **Religion and Ethics Report**

Wednesday 5:30 pm – repeated: Thursday 5:30 am  
[www.abc.net.au/radionational/program/religionandethicsreport](http://www.abc.net.au/radionational/program/religionandethicsreport)

### **Encounter**

Saturday 5:00 pm – repeated: Wednesday 1:00 pm  
[www.abc.net.au/radionational/programs/encounter](http://www.abc.net.au/radionational/programs/encounter)

### **The Spirit of Things**

Sunday 6:00 pm – repeated: Tuesday 1:00 pm  
[www.abc.net.au/radionational/programs/spiritofthings](http://www.abc.net.au/radionational/programs/spiritofthings)

### **Rhythm Divine** (music program)

Sunday 6:00 am – repeated: Monday 1:00 am  
[www.abc.net.au/radionational/programs/rhythmdivine](http://www.abc.net.au/radionational/programs/rhythmdivine)

## EARTH CARE CARD

– Tips and inspiration for churches and households



### #13 Big yellow buses running on cooking oil

The Big Lemon is a Community Interest Company in Brighton in the UK, running buses on waste cooking oil collected from local restaurants. The company provides a public bus service, bus and coach hire and a festival coach service.

A major aim of the company is to encourage people to move away from private car use to sustainable public transport.

Community Interest Companies in the UK are businesses that offer community benefits, rather than being purely for profit. The Big Yellow Bus was featured in a Transition Network publication: **The New Economy in 20 Enterprises**. The business grew out of a Transition group in Brighton. See [reconomy.org/inspiring-enterprises/](http://reconomy.org/inspiring-enterprises/).

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David Newnham and his baby granddaughter Danielle

## David Newnham

Won Wron (Yarram parish)

### Jan Down

David Newnham became interested in rehabilitation work while convalescing from a serious injury himself. In an accident in 2005 his chest was smashed in and his sternum was fractured.

At the time, he had been working as a manager in the corporate world in Melbourne. After he recovered from his injuries, David trained in fitness instruction, rehabilitation and Bowen therapy. For a time he was working at a retirement village in Melbourne, taking seven exercise classes a week with residents, as well as being available for emergency first aid response during the night.

Three years ago, with the children all grown up and gone, David and his wife were looking for a change. They moved onto to a 15 acre property at Won Wron and began running a few Hereford beef cattle. David now spends a few days each week working on the farm. He has a stud quality bull which his father gave him, and named Davey!

Having moved to Won Wron, David made contact with the physiotherapist at the hospital at Yarram which led to him starting rehab work with a group of people who had had strokes. Holy Trinity Anglican Church

“People are drawing on you and you need to have something deeper to draw on”.

in Yarram has since given welcome to David and this group of about ten women who now meet for their exercise class in the foyer of the church building.

David’s rehabilitation work takes up about twenty hours per week. Satisfaction comes from putting a smile on the face of a client, reducing their pain levels, and helping people towards a better quality of life.

Sometimes young clients or children of clients visit the Newnhams’ farm and enjoy seeing the animals and the frog ponds.

Twice a week David takes a wheelchair-bound boy with Muscular Dystrophy to the heated pool in Sale for a remedial exercise session.

In his rehabilitation work, David also uses Bowen therapy, which is a hands-on type of massage treatment that can help with lymphatic drainage (e.g. after breast cancer surgery) among other things.

The Yarram district has its particular health needs. Added to having an ageing population, Mirridong Services for people with mental health issues and the Prison Farm for troubled Indigenous boys and young men are both based at Yarram. David find that many people he assists, as well as having physical health issues, can suffer from depression. There have been a number of suicides in the region in recent times.

David finds motivation and strength for his work come from his Christian faith. He will often silently pray before he begins a massage session. He says “People are drawing on you and you need to have something deeper to draw on”. Sometimes too, when people are needing some support, he finds a word of encouragement to give them, and he feels it has “come from a deeper source”.

There are also times when it’s hard to get up and get going in the morning, and it is in his faith that David finds the underlying motivation for his new life.



OFFICE OF THE | Director of  
Professional Standards

**The Anglican Diocese of Gippsland does not tolerate abuse, misconduct and harm in its Christian community.**

The Diocese is committed to ensuring all people in contact with the Church can participate in a safe and responsible environment. If you may have been harmed by a church worker, or know someone who has, please come forward.

The Director of Professional Standards, Cheryl Russell, is available, and will maintain confidentiality, on telephone 03 5633 1573, on mobile 0407 563313, or email [cherylrussell1@bigpond.com](mailto:cherylrussell1@bigpond.com)

## Diocesan calendar

First Saturday of each month: all welcome to walk the labyrinth at the end of Back Beach Road at San Remo, Phillip Island, from 10:30 am.

### October

- 10 8.30 am – 1 pm Clifton Waters Village Annual Fair, Clifton Waters Village, Bairnsdale Enquiries 5152 4905
- 10 10.30 am Order of St Luke Rally at “Allansfield”, Rhyll, Phillip Island: Celebrating 25 years and Dedication of Indoor Chapel
- 10 9.30 am – 4:00 pm Moe Parish Antiques and Collectables Fair, Albert Street Primary school. Entry \$5.00
- 23–24 Annual Diocesan Retreat led by Bishop Kay at The Abbey Conference and Accommodation Centre. Commences 5:00 pm Friday and concludes 3:30 pm Saturday. Bookings / enquiries: 5156 6580 Email: [info@theabbey.org.au](mailto:info@theabbey.org.au)
- 31 11:00 am GFS Kidsplus+ Thanksgiving Service, St James’ Traralgon, followed by lunch at the Italian Club, Morwell at 12 noon. RSVP Carol Johnstone 5174 8445 by Oct 20.

### November

- 5 11:00 am – 3:00 pm Gippsland MU Quiet Day at Bishops court
- 7 9.30 am – 3 pm Bunyip Flower Show, Bunyip Public Hall, Main Street Bunyip. Stalls and refreshments available.
- 14 2:00 pm Grand Celebration High Tea to mark the A-frame at The Abbey turning 50. Giving thanks for the last 50 years, looking forward to the future. RSVP 5156 0511 or [info@theabbey.org.au](mailto:info@theabbey.org.au)
- 21 3:00 pm The Annual General Meeting of GFS Kidsplus+ Network (*note change of date*) 4 Daniel Crt Traralgon, followed by shared tea.
- 22 3:00 pm – 5:00 pm Diocesan Kidsplus+ Family Traffic School afternoon, Morwell

### December

- 19 11.00 am – 3:00 pm An Advent Conversation: Bishop Pat O’Regan, Catholic Bishop of Sale and Bishop Kay Goldsworthy discuss Pope Francis’ Encyclical Letter on ecology and climate change. RSVP 5156 6580 or [info@theabbey.org.au](mailto:info@theabbey.org.au)

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