



TRANSCEND

AUGUST
2018

Ascot Vale Uniting Church Newsletter

60 Maribyrnong Road, Moonee Ponds
Services: Sundays at 10am

Good News - New Solar Panels for the Church Roof!

We have been awarded a grant from the Commonwealth Government to pay for 35 solar panels for our roof through the Solar Communities Program—round 2. The objective of the program is to support community groups to undertake small-scale renewable energy generation and energy storage projects with the aim to build awareness of the financial and environmental benefits of small-scale renewable energy generation and storage projects.



The grant pays for most of the cost of the system \$12,490 with the remaining \$5,512 being covered by signing over our Solar Credits Subsidy to the installer TruValue Solar.

The system consists of 35 Jinko 275 Watt Panels and a Fronius 8.25kW inverter.

We expect that our current energy usage of 20 kWhr/day will be reduced to 9.6 kWhr/day and our electricity costs reduced to under \$150 for the entire year!

We are just awaiting our installation dates and also receiving the money from the government, which should happen any day.

Candace, Church Officer

* We extend our thanks to Candace for this terrific initiative that will be good for *
* the environment and save us a considerable amount in energy costs. *

New Contact Number for the Church

When you now dial 9370-3181 you no longer get the manse, but the church office!
We also have a dedicated WiFi network that we can use during worship services and at our social night.
Please see the church officer if you need to connect to the network.

Church contact phone numbers and emails

Church Council Chairperson, Michael Long: 0406 028 508 michaelphotoman@gmail.com
Church Council Secretary, Dorothy Howes: 0432 397 359 dorothyshowes@hotmail.com
Church Officer/Property Manager, Candace Elliott: 0434 491 271 mloqueen@hotmail.com
Church email avuniting@gmail.com

Ascot Vale Uniting is a safe place for all people to worship regardless of age,
race, creed, gender, cultural background, or sexual orientation

Working Bees in August - Candace



I would like to hold a working bee or two during the month of August before it starts to get hot. It seems to work best after church on a Sunday and I would like to focus on two areas: the open area in front of the towers on one Sunday and perhaps the reflective garden on another Sunday. I think it is more effective if we focus on one area at a time. For those who don't feel they are able to pull weeds etc., if you would be able to provide some lunch for the gardeners that would be much appreciated. Let's aim for August 12th (unless the forecast is absolutely dire), 11:30am-1pm then a break for lunch, then 1:30-3pm. If the weather is foul, then we can try for August 19th/26th as alternative or additional dates depending on weather and our progress.

Sunday August 12th after the service

Some useful tools: rakes, kneeling pads, gloves, secateurs,
but most of all- Come and join in.

There was a great response to our appeal for food and other goods for Asylum Seekers. The items were delivered to the Brigidine Asylum Seekers Project (BASP).

Thank you everyone! A fantastic effort.

Our next Social Night is
A FREE CONCERT

on
Saturday August 25th
Free BBQ from 6-7pm
Free Concert from 7-9pm

Featuring musical acts including
"The Winter Months"

At Coburg Uniting Church

Harvest Swap



The next Harvest Swap will be on Sunday
August 26th following the service.

Bring along plants or anything else related
to gardening to swap or share.

Come and meet people who share an interest
in growing plants.

Get advice from some of the more
experienced growers.

For further information speak to Eileen Ray.



Kid's Uniting

We have a modern Sunday school program held during the service. Our teachers Fiona and Caterina provide a program featuring yoga and guided meditation, and learning about key Biblical stories in a supportive and creative environment

ALL CHILDREN ARE WELCOME

INTRODUCING OUR ELDERS

After a long time “in recess” the Elders group has been revived. We are very grateful indeed to Fiona and Barbara, who have offered to share our responsibilities and have recently been elected as Elders of Ascot Vale Uniting Church.

Meanwhile we have regretfully farewelled Noel from the group. Noel took his role as an Elder very seriously and helped a number of very appreciative people through his pastoral conversation and prayer. He was always willing to offer spiritual support, and initiated the practice of having an Elder available after every service to listen and respond to questions and concerns. It was Noel also who proposed the prayer request box for the gathering space. We have really valued his unique contribution to the life and spiritual health of our church, and we wish him well.

This means that our congregation has at present five Elders: Angelika, Michael, Fiona, Barbara and myself.

At a meeting on June 10 we discussed our role and responsibilities. These are, according to the *Constitution and Regulations of the Uniting Church*, to have a “ministry of spiritual oversight” which may be “exercised in pastoral visitation, teaching, encouraging members of the congregation to share in mission, and assisting the minister in leadership of worship and administration of the sacraments and other areas in the life of the congregation”. This is a big role to fill, and we will need all the help you can give us!

Everyone at our church should have an allocated Elder. We see ourselves as having a special concern and care for those allocated to us. Over the coming weeks your Elder will make him or herself known to you, and we want you to know that you are welcome to approach us if you have anything at all you would like to talk about. We will do our best to be available, and to offer all the support we can.

This doesn't, of course, mean that the Elders think they can handle all the pastoral and spiritual business of the church on their own! We all care about one another, and most of us are particularly close to some other member or members of the congregation. Your visits and conversations, friendship and concern are vitally important in ensuring the well-being of our individual members and of Ascot Vale Uniting as a whole. Let's all do all we can to make sure everyone at AVUC feels loved, cared for, important and valued. Thank you to you all, and God bless!

Dorothy Howes



Thank you again to Rachel, Clara and their friend Georgia who have now performed three pieces of drama for our services.

The girls and Xavier are wonderful members of our church community.

A letter from Claire



Claire Sidlow was a much loved Sunday School teacher at Ascot Vale Uniting from July 2012 until October 2014. She is currently in the USA studying for her Masters. At present Claire is living in Roseburg, Oregon. She is working as an intern during her summer break.

Hello to you all,

Hope life is going well for you and the church congregation is doing well.

I have been doing well, my most recent news is that I have found a place to live but more importantly I have my social security number so I FINALLY!!!! opened a bank account.

My job is going amazingly well and I have a great team of people that I work with, my research project is going really well; we are up to 35

participants. I have had some amazing learning opportunities in the form of conferences and being a representative on a lot of community run action teams.

I am forever astonished at the level of opioid and pill centric nature of this country, like it blows my mind how easy it is to get opioids here and often with minimal amount of diagnostic input from the physician.

I went to a pain conference a couple of weeks ago and why I can see all the reasons for the opioid crisis I don't understand why there is such chronic pain in America.

My preliminary thoughts stem from healthcare access (not going to a doctor with an injury until it is too permanent), the fact many people work many jobs (so therefore not enough sleep and inability to have time to go to the doctors) and lastly potentially the role in generational pain (if you grow up with role models that take pills and are always in pain does that mean you may be more likely to have pain?), I sense the pursuit of this in my own research potentially.

I am also on a two Counties opiate task force management team (local groups of NGO reps that have an interest or link to opioids),

I am learning how privileged I have been in Australia due to things such as sharp drop boxes not being a big deal (considering they're in the majority of public toilet cubicles). The town I am in has two community drop boxes and one of them is inside the police station.

Living in the land of Trump is so random especially as I am not the type of immigrant Conservatives love. I have had many anti-immigration discussions where I have been told that they don't want me here etc.

A major issue at present is immigration, where children are being detained separated from their parents.

My whole office, even including those apathetic to politics are fuming (and rightly so). I have found a great amount of numbness in relation to the issue due to Australia's own immigration issues, I am so desensitized. I hold little hope for a good outcome as the issue has yet to have bipartisan support.

The announcement of retirement by Judge Kennedy from the Supreme Court is terrible and scary but on the bright side the congressional Democrats nominee win for Alexandria Ocasio-Cortez is AWESOME.

I firmly believe that there is always some-what of a silver lining in the world at all times.

Back to my own life settling in to an American rural town setting it is really hard I have never lived in rural anything, I am slowly making connections and finding things to do and therefore meet people but it is a hard adjustment probably the hardest but this is getting easier with getting my basic needs met like (housing, internet, bank account and driving soon enough)

Kind regards and hugs

From

Claire Sidlow

CAN YOU HELP?



As well as the Working Bees planned for August there's still lots to do in and around the church and garden. If you can spare a bit of time to help, please have a talk with Candace. The Church is open for activities every day between 9:30 and 12pm so you won't need a key. Best days are Tuesdays, Thursdays, Fridays and Saturdays as they are the least busy. So that Learningland teachers and other building users know you are from the church, please put on a nametag.

★★
 ★
 ★ Special thanks to the hard workers including Candace, her family and Rob and Fiona
 ★ who have done a magnificent job clearing the weeds from the vegetable patch
 ★ and other parts of the garden
 ★
 ★★★



Our Church Officer / Property Manager :

Candace Elliott works part time and deals with many of the church administrative tasks including bookings and accounts. You can contact her using the church email avuniting@gmail.com or Phone 0434 491 271



MEDICINE FOR THE SOUL

By Bill Pugh

Jeremiah was a strong prophet. He reported the situation as he saw it. Because of idolatry and sin, people had turned away from God.

Although he was a sensitive man and loved his people, he was moved to warn them of a coming catastrophe if they did not return to a right relationship with the Lord. Their situation was so bad that not even the best ointment, or balm, from Gilead could heal them. He lamented, "Is there no medicine in Gilead, no doctors? Why then have my people not been healed?"

The Lord's answer to Jeremiah was, "My people do one evil thing after another, and do not acknowledge me as their God". The healing needed is spiritual. They need medicine for the soul. The healing is in their own hands.

How the world needs today to listen to Jeremiah. Modern living, modern idols, have meant total rejection of God. Life's values and direction is upside down, evidence of fatal illness at the heart of things. "Is there balm in Gilead?" As individual disciples of our Lord and as his Church we are called to mission, like Jeremiah.

Reflection

The lovely African-American spiritual points the way forward:

Sometimes I feel discouraged and think my work's in vain.

But then the Holy Spirit revives my soul again...

If you cannot preach like Peter, if you cannot pray like Paul,

You can tell the love of Jesus and say, "He died for all."...

Don't ever feel discouraged for Jesus is your friend;

And if you lack for knowledge, He'll never refuse to lend.

There is a balm in Gilead to make the wounded whole;

There is a balm in Gilead to heal the sin sick soul.

Bill Pugh UCAV Pew Sheet

Uniting Winter Share Appeal 2018



For more than two years Naomi juggled caring for her husband and her children, making it impossible for her to do any paid work to cover their debts or build for the future. In 2013, Naomi's husband died. Suddenly, Naomi was alone with three young children under 8 – including a baby – and no family nearby to support her. Increasing numbers of families in our community are doing it tough like Naomi. The cost of living is going up. Many people simply can't afford to buy food or pay their bills. **"It was just too much and I didn't know what I was going to do," Naomi said.** "I'm just very thankful that Uniting looks after people in crisis and the homeless. It is like a big family who love us. I'm just very thankful. "Help people like Naomi move from crisis to stability this winter. Donate today.

Donations help people who urgently need emergency relief – our gifts will make a real difference and go towards things such as food, clothing, medical help and crisis housing.

Four ways to donate

1. Pick up an appeal brochure from church
2. Send your donation to: Uniting Winter Share Appeal Reply Paid 85995A Beckett Street Vic 8006
3. Online: vt.uniting.org/winterappeal
4. Call 1800 668 426

Election Sausage Sizzle

The church will be a polling station for the State Election on November 24th, 2018. We will be holding a fund raising sausage sizzle and fund raising stall. Sausages are normally the big seller, but there are some of our Union Road fans that will expect cakes (especially if we let them know we will be there selling cakes!). Please consider volunteering some time to cook sausages or sell cakes. It is a great day out!

Anniversary

On August 29th 2004 our original church building was destroyed by fire.

Anxiety

Love/Hate I'm in a state
How to differentiate
Am I Andrea or Elle?
It's very hard for me to tell
And when my eyes begin to roll
The pain and stress it takes its toll
My life's a see saw up and down
And when I'm low the women frown
They give me such a nasty stare
It's almost more than I can bear
At other times they're nice as pie
I do not know the reason why
I think I've got some strange radar
That people sense me from afar
And love and hate me—who knows why?
I feel so wretched I could cry
I have some understanding friends
Who help me out with my problems
I love my sister Becky boo
We're stuck together just like glue
My sister likes to play the clown
And makes me laugh when I am down
But sometimes she goes way too far
And then she's totally bizarre
I'm on the phone to my Mum each day
She tries to keep my fears at bay
My cat's a perfect friend for me
She loves me unconditionally
I love to draw. It keeps me sane
And stops me from going down the drain
To draw and paint is very soothing
And people say my art's improving
I know that it's not only me
We all suffer anxiety
And if our fears we can confess
It heals and brings togetherness.

Joanna Bish



Joanna Bish is an artist who creates unique greeting cards with a focus on Australian fauna and flora. She and her sister have been attending our church. Joanna felt a calling to create illustrations of Australian native wildlife as many native animals and plants are on the brink of extinction and she wants to make it her mission to promote interest in it.

Joanna's beautiful cards can be viewed on her website: possumabilities.com.au

ON OBTAINING A MINISTER

Our Joint Nominating Committee has spent much time and thought compiling information and completing our Congregational Profile. The profile goes to the Synod Placements Committee for their consideration in August. That committee will then compare our profile with those of Ministers who may be interested in our placement. All going well our JNC will be provided with the name or names of suitable candidates to meet with.

AVUC ROSTER, August-September 2018.

Please make your own arrangements for any necessary exchange of dates.

	MINISTER/ COMMUNION	DUTY ELDER	MUSIC	COUNTING	READER	WELCOM- ER	MORNING TEA
5 August Communion	Mark Dunn Dorothy	Dorothy	Rob	Francois/ Judy	Angelika	Judy	Angelika / Barbara
12 August Family Service	Matt Julius	Noel	Dorothy	Dorothy / Jean	Cally	Cally	Hamid / Marjan
19 August	Evelyn Payne	Barbara	Candace	Candace/Barbara	Candace	Ken	MaryCon/ Jean
26 August Garden Swap	Evelyn Payne	Michael	Julian	Michael/Noel	MaryCon	Michael	Francois /Anneke
2 September Communion	Mark Dunn	Angelika	Rob	Candace/ Jean	Ken	Ken	Ken / Jenny
9 September Family Service	Evelyn Payne	Dorothy	Dorothy	Dorothy/ Barbara	Cally	Cally	Judy / Jean
16 September	Evelyn Payne	Dorothy	Candace	Robin/Chris	Chris	Robin	Chris / MaryCon
23 September Kids Uniting Holiday	Matt Julius	Angelika	Julian	Francois/ Noel	Anneke	Judy	Hamid / Marjan
30 September Garden Swap	Eileen Ray	Michael	Rob	Dorothy / Jean	Melita	Michael	Angelika / Barbara

'Transcend' is published on the first Sunday of each month except January. Articles, photos and other contributions are welcome. Email them to the Editor, Robin Waltrowicz no later than the Wednesday before publication at : avuniting@hotmail.com