

TRANSCEND: FEBRUARY - 2016

Ascot Vale Uniting Church Newsletter

60 Maribyrnong Road, Moonee Ponds

Services: Sundays 10 am

Spirituality: Seeing the Whole Picture

Dr. Frank Farley, 1993 President of the American Psychological Association, has said of contemporary psychology:

'We specialize in bits and pieces of the puzzle, but rarely seek the whole picture in this general conception - and try to put the pieces together.'

'My sense is that spirituality- deep feelings about soul and eternity- will be pervasive in the yet to be completed picture. The spiritual side, this poetic side, this giving and forgiving side, this generous and loving side, are humankind's finest features.'

(In 'Messages to the Mind & Spirit', F. Macnab)

Family and Self Care

"It is a true proverb, that if you live with a lame man you will learn to halt.(limp)" – Plutarch

Working through the memories of childhood is a task each of us eventually faces. Just as an alcoholic family system contributes to alcoholism, so too does a family who lives at the expense of individual members contribute to adults who don't take care of themselves. They grow up thinking that they simply don't matter. They may have no boundaries, they want to be loved but may have no self-love; they always put other's needs ahead of their own. In short, they're not taking care of themselves, nor are they being self-protective. Others exploit them. They justify it by saying, 'service before self'.

Sometimes adults who had their growth blocked in childhood go too far the other way.

They might become totally self-absorbed and narcissistic, excessively interested in themselves.

Either way, the important thing is to acknowledge what the family situation was. Simply knowing that it was real, not a figment of our imagination, can help to us to heal and move on. When we get the spiritual breakthrough in our mind and soul that we didn't cause the pain that was present in our family system- then we can stop blaming ourselves. For others, acknowledging their role in causing the pain is the saving truth that sets them free and changes their destiny.

Suffering takes place in families and organisations when unhealthy interactions and ways of relating over a long time frustrate or block the emotional development of its members.

This usually happens in families when members are not committed to the growth of each other, and when one or some members live at the expense of other family members. The dominant person forces others into rigid roles, and irrational family rules and myths go unchallenged: *'This is the way it has always been, and how it will always be.'*

Suffering in families also occurs through omission and inertia, inaction or emotional neglect.

Sometimes an intervention is needed by one family member to bring another to heel, to prevent the whole family from being emotionally poisoned. This is one of the hardest things to do; as we know there is a cost. Such interventions in quiet or more dramatic ways are heroic deeds; they have saving and healing value. To endure and survive with some dignity is a type of intervention!

PTO

In some organizations and families emotional support and active listening, affection and just plain interest in the other are singularly lacking. It's hard for a child or an adult to build resilience in such a barren emotional climate.

Healthy groups have members who are committed to their own growth as well as to the growth of others. Members develop relationships and ways of talking to each other that engender trust, warmth, support, sharing and freedom. **This is what we are endeavouring to do at Ascot Vale Uniting Church.** Naturally, in a family system this has a healthy flow-on effect for future generations- on your children's children.

Supportive groups have members that also encourage each other to be aware of the nurturing stories, experiences and people at work in their lives. They encourage situations where the positive unfolding aspects of one's character can further develop. They initiate relationships where another's dreams and fears are listened to, not dismissed. By practising a non-anxious, listening presence, another person's positive stories begin to thicken- to give inspiration and motivation, and to challenge the negative memories. In time, the new unfolding story begins to twist and reshape one's total life story- how one sees themselves. The hurt from the past is put in a different context, it's less invasive. This is the miracle and glory of a person who has become an authority for their own life, and who has the courage to look at the hard facts, not to grovel before them.

The important thing is to concentrate on our own development, that way resentment and fruitless anger yield to honesty and humility. We can detach mentally from the things we cannot change. This is at heart a spiritual discipline and activity, not done just under our own power. Letting go of anger and resentment toward our family is part of this. When we do this we are no longer only 'a wounded person' but we become something of a 'wounded healer'. We also return home from our self-imposed exile - back to our essential, true nature. It's as if that part of our self that is fragmented by resentment is re-united with our self; we have experienced grace; we are whole.

We cannot change the past, often we cannot even change our families, but with God's help we can change our attitudes toward them. When we feel caught up or affected by another's bad behaviour, we can bring our attention back to ourselves. Ask: *'Would I treat them the same way that they treated me?'*

Plutarch was right. If you live and walk with those who are lame in the way they deal with themselves and others, you will learn to halt.

Ron Rosinsky

Worship Themes and Readings 10am Sundays

- 7 February: Communion Sunday-** 'Always We Are Visited'
Luke 9: 26-38- Transfiguration of Jesus
- 14 February: Season of Lent-** 'The Night View Of The World'
Luke 4: 1-13 Jesus is tempted in the wilderness
- 21 February:** 'Paths We Did Not Know'
Luke 13: 31-35 Jesus grieves over Jerusalem
- 28 February:** 'The Binding Unity' Luke 13: 1-9 The Barren Fig Tree
- 6 March: Communion Sunday** 'Freedom Is a Discipline'
Luke 15: 1-3; 11-32 The Lost Son



Kid's Uniting Commences Sunday 7 February, every Sunday in term.

- **Primary School Aged Children: Teachers- Caterina, Fiona, Isabella**
- **Two Confirmation Classes: Older Primary School Age and Secondary School: Teachers- Maria, Claire, Ron**

Term One Topics:

- Radical Equality- Jesus' most important goal?
- Crucifixion, passion, and how many years did Easter last?
- What would modern faith look like?

All children are welcome!

NOTICE: ANNUAL GENERAL MEETING

Sunday 17 April after the service.

Please join us for the latest news and reports on the progress of our church.

"Fish and Chip Night"

Saturday 30th January
Australia Day BBQ and Movie from 6pm
BYO BBQ Food and Drinks



"Fish and Chip Night"

Saturday 27th February
Barefoot Bowling at Rosamond Bowling Club.
Come along for a fun night out. (No skill required!)



Church Fish & Chip Nights 2016

- 30th January Australia Day BBQ & Movie
- 27th February Bare Foot Bowls (Rosamond Bowling Club)
- 19th March Easter Theme Fish & Chips
- 30th April Board Game night
- 28th May Curry Night
- 25th June Fish & Chip night run while Melita & Michael are away
- 30th July Board Games
- 27th August Ten Pin Bowling night (AMF Bowling Highpoint)
- 24th September Slide show of Europe Trip
- 29th October International Dinner Country of Origin
- 26th November Summer BBQ
- 17th December Christmas Carols

2016 Church Visioning/Planning Retreat- All are invited.

When: Saturday 13 February, 10am to 4:30am, lunch is provided.

Dinner at 5pm, at the Officer's Mess, RAAF Base Williams

PLEASE BRING MEAT AND ANY OTHER FOOD THAT YOU WOULD LIKE TO SHARE FOR OUR BARBECUE

Where: RAAF Base Williams, Chaplaincy Centre, Maher Road, Laverton

**MEET RON AT CHURCH BY 9:15AM FOR A RIDE, or to follow in your own car
PLEASE TELL RON OR AN ELDER OR CHURCH COUNCILLOR IF YOU WILL
BE ATTENDING. PARTNERS ARE INVITED TO ATTEND THE DINNER**

Key planning questions:

- What is our mission statement?
- Are we the type of church implied by the statement?
- What are our gifts, limitations?
- What do we do well? What should be changed? What can we learn?
- Kid's Uniting- Confirmation: future directions?
- Reviewing seven other key areas, such as spiritual development, pastoral care, worship, finance-property, communications, community outreach, friendship activities.
- What are achievable goals for the next 12-18 months?
- How can we work more closely together?
- What are we passionate about doing? What will our legacy be?

Key thought:

"The movement of the Spirit of God in the hearts of men and women often calls them to act against the spirit of their times or causes them to anticipate a spirit which is yet in the making. In a moment of dedication, they are given wisdom and courage to dare a deed that challenges and to kindle a hope that inspires." - Howard Thurman

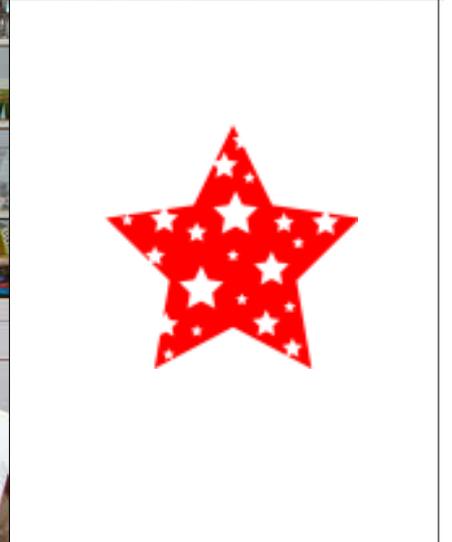
CHRISTMAS AMONG FRIENDS

On Christmas Day, Ron, Isabella and their children again hosted a large group from our church community for Christmas Dinner.

As you can see from the photos this was a most enjoyable occasion.

Sincere thanks to the Rosinskys for their generous hospitality.

Great tie Ron!!!



Why does Santa have three gardens?

So he can 'ho ho ho'!

Why did Santa's helper see the doctor?

Because he had a low "elf" esteem!

What happened to the man who stole an Advent Calendar?

He got 25 days!

What do you get if you cross Santa with a duck?

A Christmas Quacker!

What do you get if you cross Santa with a duck?

A Christmas Quacker!



SOME NOTES from CHURCH COUNCIL MEETING, 20 January, 2016

1. Christmas Celebrations: the candlelight Carol Service, preceded by BBQ, performances by our younger musicians, and Kids Uniting shadow puppet play, was a wonderful occasion of fellowship and worship, to which we were able to welcome many family members and friends, including people from a number of different nationalities. Many thanks to all involved in its organisation. Thanks too to Ron and Isabella for generously hosting a shared dinner at the Manse on Christmas evening.

2. Parish Retreat and Planning Day, 13 February: Council discussed plans for this day, which will be held from 10.a.m to 4.p.m. at the RAAF base at Williams Landing, and will include a catered lunch. More details elsewhere in this issue of Transcend.

3. Our Rainwater Tank is installed, and plumbing will be completed early February. This will enable our garden to be well cared for, and also allow significant savings on our water bills. Thank you Dina for all your work in organising this.

4. Maintenance: Security locks are to be fitted on the windows of the Manse, and a second recycling bin and waste bin will be requested from Moonee Valley Council.

5. The Annual General Meeting of our church will be held at 11.15 after the service on Sunday 17 April. Reports from the various committees are due no later than Easter (27 March). Thank you in advance to all responsible for these!

We were sorry to learn that at this meeting Maria will officially step down as Chairman and Church Council member. We will miss her, and her efficiency, wisdom, positivity and common sense, very much. Thank you so much, Maria!

Church Council wishes all our members and friends every blessing for 2016.

Dorothy Howes, Secretary

Our Mission Statement

We create a welcoming community that shows unconditional love by following the spirit and teachings of the historical Jesus.

We do this by:

- welcoming people of all circumstances, races, beliefs and gender preferences
- being caring compassionate and kind to all
- striving for social justice through action
- caring for all creation and protecting the environment
- studying the teachings of Jesus Christ to expand our spiritual understanding and to know God
- honouring tradition within a more progressive and open form of worship service.



Ron presents Candace with a certificate in recognition of her outstanding service to our church. Candace was our first Transcend Editor, organizes our Cake Stalls, served for a number of years on the Church Council, is on the Finance Committee and contributes much to our church music and worship.

'Oh what a night!'- Our Christmas Carols Service

Saturday, 19 December, 2015, a night to remember. The year ended on a high note on that evening with a shared church dinner, followed by a talent show, then a shadow puppet show and then a carols service in candlelight. Then sleep.

It was perfect. So much work by so many of our good people went into making the night enjoyable and memorable. It was work and time well spent. It was all of that and more. One of my favourite memories of Christmas 2015 was sitting in the gathering space and watching about sixty other people, of so many different races and cultures, colours and ages celebrating Christmas together as one; one family eating food together and enjoying each other's company.

Another great moment- listening to and watching our young men/ boys performing music before us, playing their guitars and pianos. For all of them it would have been if not their first live performance, close to it.

Another great moment- the true and beautiful voices of two girls, Clara and Rachel, narrating the shadow puppet play, telling the Christmas story in a way that came alive; and the amazing puppets and use of light and darkness to make a point.

One more great memory, of many. James and Debra, both Sudanese refugees, coming forward with their beautiful children and lighting the Christmas candles of hope, fellowship and justice. Then we sang, our voices lilting, rising from the darkness of the church. I remembered standing in another darkened church forty years ago with my Mom and Dad and singing by candlelight, 'Silent Night'. Christmas 2015 we sang together by candlelight; we sang and thought and prayed about a just world where all people live with dignity as equals and have bread.

Somehow, somehow Christmas nudged us all. In those moments the Eternal spirit nudged us I think, about our likely role in preparing the way. Like it nudged John the Baptist and Mary; preparing the way for a better humanity.

Christmas like Easter is the great equalizer in life for people of faith. It points them to a reality beyond their crucifixions and despair and cynicism to a presence that is timeless- eternally young; to an order that is not corrupt nor perishing but everlasting and just.

Thanks to all for preparing the way.

Happy New Year!

Rev. Ron Rosinsky



Sharing a meal at the Christmas Carols Night

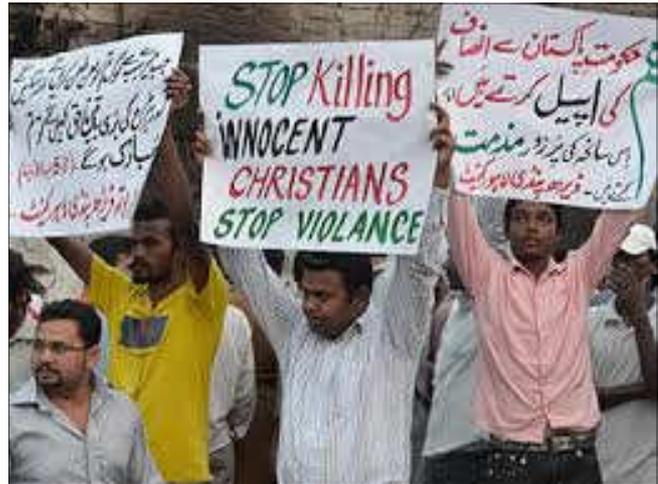
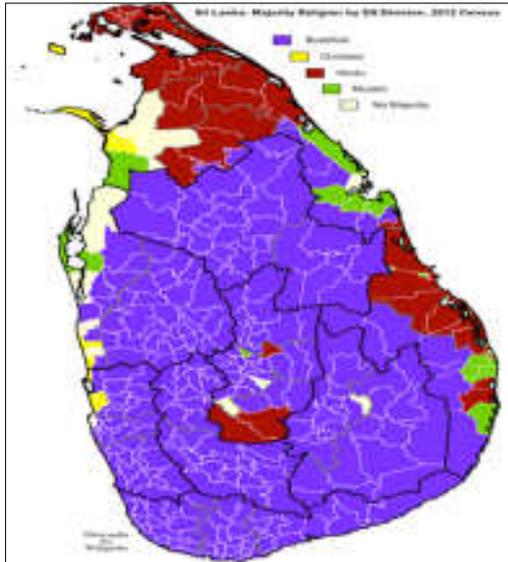




Pancakes

On sale Sunday 7 Feb. \$1

To support the UCA Lenten Appeal for poverty stricken Sri Lankan Churches



The white areas show the Christian parts of Sri Lanka and the purple shows the Buddhist areas.

Christians are oppressed and struggling, the churches have no money and the people are very poor. Government aid often goes to other larger groups

Help them get practical help - shelter, food and welfare programs



Happy
 Birthday
 to Coral
 and Joyce

TREASURER'S REPORT

Offering envelopes

Plenty of Offering envelopes for the period through May 2016 are still available on the front table at the entrance of the church. Please take a set

Direct Credit

Several members are now using direct credit, using electronic funds for offerings. This has significantly increase our offerings in 2015. If you are interested please see Peter Macdonald.

November and December Income and Expenses

	November	December
Offerings	\$1949	\$ 1844
Fundraising& Appeals	\$ 314	\$ 227
Donations	\$ 100	\$ 100
Building Users	\$ 2409	\$ 6182
Other	0	\$ 0
Total Income	\$ 4722	\$ 8353

	November	December
Ministry	\$ 4576	\$ 5310
Mission & Service	\$ 1375	\$ 0
Property	\$ 1542	\$ 983
Water Tank	\$ 0	\$ 0
Other	\$ 38	\$ 46
Expenses	\$ 7531	\$ 6339

Income for 2015 through December	\$ 63,344
Expenses for 2015 through December	\$105,765
Deficit for 2015 through December	\$ 42,421
Withdrawals from Synod Reserves	\$ 50,000

2016 Budget

Church budget for 2016 is currently being prepared for review at the next Finance committee and church council meetings.

Finance Committee

The next Finance Committee meeting is scheduled for Thursday February 11th 7.30pm at the church.

Peter Macdonald *Treasurer*

Ascot Vale Church property officer, Dina Monaghan

Dina's areas of responsibility include:

- i. Managing the Ascot Vale Uniting Church (AVUC) calendar, and taking bookings; and
 - Maintaining the key register
 - Obtaining certificates of currency from our building users; getting rental contracts organised at the beginning of every year;

- ii. Maintaining and overseeing the church building, including,
 - maintaining stores (toilet paper, etc.)
 - oversight of the cleanliness and '**reasonable use**' of the building by all building users
 - Dealing with all maintenance and repair matters, such as getting sub-contractors in to repair the air -conditioning, or toilets/plumbing
 - **Dealing with any problems as they may arise- keeping our building users happy**
 - Coordination of teams to get church ready for Sunday mornings and special services.

- iii. Garden- maintenance and development, including organising working bees.

Thanks Dina for taking on this important service! Please give her your full support and assistance.

AUSTRALIA DAY - and what it should mean for us

Some of you may have seen the thought-provoking article on this topic, which appeared in "The Age" on Tuesday. It was written by the noted Australian social researcher and author, Hugh Mackay. But for those of you who did not, I give this summary.

Mackay begins: "Australia Day should be a time for honest reflection on who we are as a nation." He goes on to identify some things we can be justifiably proud of, or grateful for – and a number of things we should not.

Australia is "a good example of a stable, Western, liberal democracy" - but only one example of many. To be a citizen of such a nation is not so much a matter of pride as a privilege, for which we should certainly be very thankful.

Mackay then lists some aspects of our society which we should be willing to reflect honestly on - where all is *not* well - and he doesn't mince words.

They include the "intentional brutality" of our treatment of asylum seekers; the "ugly reputation" we have acquired for poor sportsmanship; the prevalence of domestic violence; the millions of Australians of all ages suffering from depression, anxiety and loneliness.

This is all pretty grim-sounding stuff. But Mackay also points out that, despite the perennial mistrust and intolerance that we must guard against, one thing we can be really proud of is this: we have become "a shining example to the world of how to build a harmonious society out of a remarkably diverse group of immigrants".

I was surprised to learn that our earliest convict settlers included people from France, Africa and America as well as from Britain.

Interestingly, Mackay highlights the multi-faith nature of Australian society, in which the fastest-growing religion is actually Hinduism. Contrary to the impression we often receive, only 2.2 percent of the population are Muslim.

It seems to me that these reflections give us at Ascot Vale Uniting guidance and encouragement. I believe that as a church and as individuals, these are the things we do, and should keep trying to do even better, things that Jesus would want us to do – work to change a culture which condones violence, selfishness, arrogance and inequality, and build a strong, supportive, harmonious and welcoming community, within our church and beyond.

Dorothy Howes



CHURCH DIRECTORY

To assist with communication between members of our church we will be compiling and printing a church directory.

To protect privacy the directory will only be available to church members. It will not be used for any other purpose. The directory would contain telephone numbers and email addresses.

Nobody will be included without their agreement.

One copy will be provided to each family agreeing to be included in the directory.

Chris Waltrowicz will be coordinating the production of the directory. She will contact all members to find out if they wish to be included.

BAPTISM DECEMBER 27th - from Dina

I was unusually late. The carpark was also, unusually full.
Parked my car in the only empty space and proceeded to the church.
The meeting space was filled with strangers, far too many of them.
Robin and Peter were in the process of moving chairs ... there was much commotion ... and then the service begun.

I sat by the door in attempt to welcome the late arrivals, while listening to the pianist.
She was amazing. She played the piano with such feeling... and I became envious of their church...
The pianist moved me to tears with her music ... and I don't cry easily.
When the Minister finally moved out of the way, I saw the pianist and realised that she was 'our very own' Maria.

Thank you, Maria.

The baptism was special; the baby adorable... and, she was even smiling - while her grandfather (the minister) held her and introduced her to the congregation. (Worrisome, but perhaps she knows whom to trust.) Many thanks to Peter, who gave the welcoming speech and to Angelica for her readings.

But my eternal thanks go to a very special parishioner; the one, who consistently gives her time and works tirelessly behind the scenes.
She is very young at heart and her name is Miss Joyce.

The following message is from the family matriarch and on behalf of the family:

**“ For your hard work ... for welcoming us to your church...
for the beautiful flowers and the church presentation...
for the wonderful music and for your hospitality... Thank You.”**

A truly wonderful day.

Note: Rosie Pegler aged 9 was a visitor. She was the last baby baptised in the old church one week before it burned down.

An elderly silver-haired lady phones her neighbour and asks for help with a jigsaw puzzle, saying “I can't figure out how to get started”.

Her neighbour asks: “What is it supposed to be when it's finished?”

The lady says: “According to the picture on the box, it's a rooster.” Her neighbour goes over to help. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says:

“First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster.”

“Secondly, I want you to relax, let's have a nice cup of tea, and then”, he says with a deep sigh, “let's put all the Cornflakes back in the box.”

Ascot Vale Uniting Church

Rev. Ron Rosinsky

avuniting@hotmail.com

www.ascotvaleuniting.org.au



*'Transcend' is published monthly
Articles and photos are welcome.*

*Email to the Editor
Robin Waltrowicz
avuniting@hotmail.com*

Proposal to hold a Monthly 'Harvest Share' - Eileen Ray



Background: I have noticed that facebook provides the opportunity to create interesting small communities, which grow out of common interests.

One such group to which I belong is the Moonee Valley Garden Group.

It is possible for me, as a group member, to host "events" for the group.

I have joined other facebook groups who organize monthly harvest shares, but it is frustrating that these other groups aren't local. I'm hoping that this event will run several times a year, if not monthly.

What is a harvest share:

You are welcome to bring as little or as much as you like of home grown or home made produce, e.g. seedlings, freshly cut or dried flowers and herbs, gardening or lifestyle magazines, worm juice, coffee grinds, empty jars, your favourite recipe and or simply a love for community spirit etc. (If you share anything baked please bring a list of ingredients for people to read.) We will provide a table on which to place your goodies, and when you leave you may take home something brought by other participants.

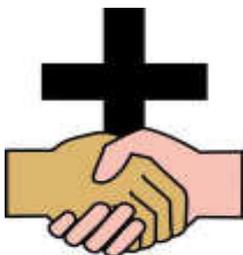
I will invite the facebook members of the Moonee Valley Garden Group to come to inspect the church garden, and to share their produce. I would like assistance from church people in setting up a table (outdoors or indoors if raining), and welcoming any participants.

Feedback welcome. I will wait a couple of weeks for your response. If positive I will advertise the site on Facebook. Suggested times - **11.30 am - 12.30 pm on the 4th Sunday of the month at Ascot Vale Uniting Church, commencing in February 2016.**

Eileen Ray.

eileenray@hotmail.com Eileen Ray and Rob Allen Mob 0410 775 277

WANT TO BECOME A MEMBER OF OUR CHURCH?



During the year we have a number of services during which we formally welcome people as members of our congregation.

If you wish to become a member please speak to Ron.

He will be delighted to explain the simple process to you.

NORTH ESSENDON UNITING CHURCH ADULT FELLOWSHIP

Invites you to come along to a showing of the latest Winter wear by

"BLUMES FASHIONS"

Purchases may be made on the day.

Afternoon Tea to follow

DATE: Tuesday, 8th March, 2016

TIME: 2.00pm

VENUE: North Essendon UC 132 Keilor Road

DONATION Gold Coin

RSVP Jean Hoatson 9379 1568 by March 1st.

	Leader	Communion	Duty Elder	Music	Welcomer	Reader	Morning Tea
7 February 2016	Rev Ron	Angelika	Noel	Rob	Judy	Judy	Judy and Bente
14 February	Rev Ron		Dorothy	Maria	Robin and Chris	Barbara	Barbara and Chris
21 February	Rev Ron		Dorothy	Dorothy	Michael and Melita	Marycon	Marycon and Bente
28 February	TBA		Michael and Melita	Candace	Ken and Jenny	Chris	Jenny and Chris
6 March	Rev Ron	Melita	Angelika	Maria	Judy	Melita	Judy and Marycon
13 March	Rev Ron		Dina	Rob	Peter	Candace	Dina and Jenny
20 March	Rev Ron		Noel	Candace	Michael and Melita	Angelika	Angelika and Bente
25 March	Rev Ron		Dorothy	Maria	Ken and Jenny	Bente	Ken and Jenny
27 March	Rev Ron		Angelika	Dorothy	Peter	Peter	Marycon and Angelika
3 April	Rev Ron	Dorothy	Dorothy	Rob	Robin and Chris	Chris	Judy and Chris
10 April	Rev Ron		Dina	Maria	Judy	Marycon	Dina and Marycon
17 April: AVUC	Rev Ron		Noel	Dorothy	Cally	Cally	Angelika and Bente
24 April	TBA		Angelika	Candace	Ken and Jenny	Ken	Ken and Jenny
1 May	Rev Ron	Michael	Michael and Melita	Rob	Robin and Chris	Michael	Chris and Marycon
8 May Family Service	Rev Ron		Dorothy	Maria	Peter	Peter	Barbara and Judy
15 May	Rev Ron		Noel	Dorothy	Michael and Melita	Judy	Bente and Chris
22 May	Rev Ron		Dorothy	Candace	Judy	Barbara	Marycon and Judy
29 May	TBA		Michael and Melita	Maria	Cally	Candace	Jenny and Ken

ROSTER: FEBRUARY TO MAY 2016