



St. Andrew's Uniting Church & UnitingCare, Glenelg

Christian Community in the Heart of Glenelg

Issue 6, 2021

There's a slow action of love, you know it

It's as strong as a mountainous sea

And the slow action of love

Is beating like a heart in you and me

—John Coleman

The pandemic is stretching us. We've known anxiety and resilience, disappointment and the joy of ordinary things. A common experience has been a greater appreciation for community, those simple connections that enrich and support us.



Tasmanian singer/songwriter John Coleman will help us celebrate and strengthen the chords between us during a week-long artist in residence program at St. Andrew's. From 14–21 November 2021, John and fellow artist Jenny Batten will be

present throughout the week, leading a day-long retreat, gathering together a Joyful Noise Choir, helping us write our own songs and sharing music in worship and concert.

You don't need to be a muso or have any prior artistic experience to enjoy and participate. Just come with an open mind and heart. Registrations are now open. Follow the link for details and bookings.

<https://air.jcoleman.eventbrite.com>



Please book for free events as space is limited.

Spotlight On Community

Rick arrived in Australia from North London with his family in 1971. He left behind an England still in the midst of WWII reconstruction. Rick recalls living amongst empty spaces where apartments once existed before bombs destroyed them. The cost of the "four-week cruise," as Rick called it, for two adults and four children cost twenty pounds.

Rick's family settled in at Henley Beach where he enjoyed playing soccer, golf like his dad and hunting for treasure at the local rubbish tip until the street lights came on—the signal that it was time to return home for tea. After High School, Rick took up an apprenticeship as a plumber. It fell short of his dream to enter the Navy but it was what was available to him and he was determined to make the best of it.

Rick said he passed by St. Andrew's several times before taking the risk to come in. He comes because he "likes to hang out" with the people. He feels well looked after by the community. Rick enjoys reading, especially biography and history.



Rick could be described as a quiet observer. You'll often find him sitting in a place where he can take in the action. Rick's an excellent listener with a kind heart. He is among the last to leave on Tuesday night since he helps to clean and put away the tables once saying, "It's the least I can do."

Community Care Report

Those who received food and/or chemist support through UnitingCare Glenelg during the first half of 2021 reported to be:

54% male	46% female
56% single	44% families
18% immigrants	6% First Peoples
11% no fixed address	

During this same period, we served or distributed:

1082 meals	1577 litres of soup
3253 kg of fruit	4271 kg of vegetables

Thank You for Helping to Grow Love

Several community groups and local churches donated food and other items to the UnitingCare Glenelg pantry recently. Your gifts grow compassion and kindness in our community.

Thank you

- Ascot Park Uniting Church
- Vermont Uniting Church
- Holdfast Bay Council
- Edwardstown Lions Club
- Marion City Lions Club

High Tea Fund Raiser

St. Andrew's will host a springtime, high tea to raise support for UnitingCare Glenelg. The event will include delicious food beautifully served, live music by Kate and Jack Spyker, fashion show and raffle with a selection of prizes including a watercolour painting by Sharon Hill.

More details and booking information to follow. For now, save the date: **Wednesday 20 October**

Cultivating Space for Renewal

The courtyard garden is a space for people to take time out, enjoy conversation in the sun, breathe in sea air mixed with verdant soil and leaves. Like a wide veranda on a house, it expresses gentle welcome before one enters the vibe going on in the church.



The garden has an important role to play and it is in need of attention. We hope to draw on principles from traditional Japanese gardens and incorporate Australian natives to create a space that is peaceful, hardy and indigenous.

If you would like to be part of this new venture, please speak with Christine Gilbert. An initial planning meeting is scheduled for Friday 24 September at 1:30 pm and bring your energy and ideas.

The Gardener

By Mary Oliver

Have I lived enough?
Have I loved enough?
Have I considered Right Action enough,
have I come to any conclusions?
Have I experienced happiness
with sufficient gratitude?

I say this, or perhaps I'm just thinking it.
Actually, I probably think too much.

Then I step out into the garden,
where the gardener, who is said to be a simple man,
is tending his children, the roses.

SPIRITUALITY GROUP FOR WOMEN

Attending + Listening + Voicing

with Denise Levertov
poet, activist
and environmentalist

Monday 6 Sept., 2:00-4:00 pm
St. Andrew's Uniting Church, Glenelg

*How could we tire of hope?
—so much is in bud.*

RSVP: christinegilb@optusnet.com.au



World Suicide Prevention Day

Lifeline statistics inform us that suicide is the leading cause of death for Australians aged 15-44. In 2019, 65,000 Australians made a suicide attempt, 1 million people called Lifeline, 3,318 people died of suicide (9 people a day) and 75% of these deaths were male.

The reasons why people may want to take their own lives are complex; however, we do know they include feelings of loneliness, loss of control, mental health and a loss of purpose or meaning.

On Thursday 9th September, 10:00–3:00 pm Scots Church Adelaide will observe its 11th year of actively sharing information, support and resources in acknowledgement of the many lives lost by suicide each year. This year the program brings with it a new focus on talking about mental health and how to care for one's own mental health. The event will include:

- A tranquil garden for relaxation
- An invitation to write a note and tie a yellow ribbon in remembrance of a loved one or in support of those who have thought about suiciding
- Information booths and resources with a focus on First Peoples
- Gift bags
- Gratitude wall
- Music making program
- Tai Chi class
- Speaker from Beyond Blue

The Joy of Giving

As we approach September when RUOK Day and World Suicide Prevention Day are observed, it is timely to note the important mental, spiritual and psychological benefits of giving. According to studies at the Cleveland Clinic:

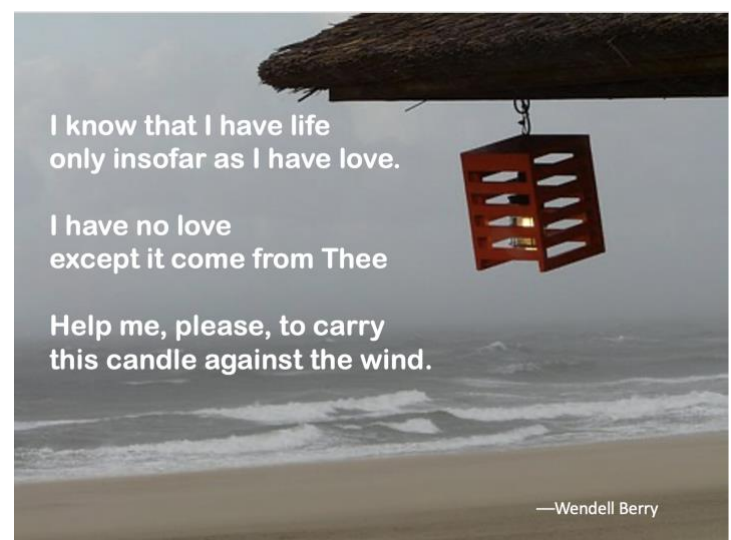
Giving activates the parts of the brain related to pleasure, trust, and relationships with others. We secrete important feel-good chemicals like serotonin, dopamine, and oxytocin—a rush that's often referred to as the 'helper's high.' (from an article by Jessica Weinberger, *Talkspace* website)

Some in the St. Andrew's community share how serving others and being part of something larger than themselves brings respite and a helpful perspective to their lives. It can be comforting to be in a supportive environment where one's gifts are welcomed and where they can make a difference.



Volunteer Julia Stuckey
with donated bedding

If you are looking for a way to give, please contact Coordinator Avril Noy. There is always a place for you to be a part of what is happening or a way to make a contribution.



I know that I have life
only insofar as I have love.

I have no love
except it come from Thee

Help me, please, to carry
this candle against the wind.

—Wendell Berry

Synod Expo—Chasing the Wind

The theme of 'Chasing the wind of the Spirit,' speaks to God's activity already occurring around us. The Spirit is always calling the church to follow where God's mission is leading that we might make disciples and shared God's love with our community.

To quote Paul Dearborn, "It's not the church of God that has a mission, it is the God of Mission who has a church."

Rev Canon Dave Male from the UK will be the keynote at this event, speaking about fresh expressions of church. The day will include workshops, information booths and opportunities for supportive networking.

The local expo will take place at Adelaide West Uniting Church on 18 September, 9:00-4:00 pm. Bookings are essential on sa.uca.org.au/synod-expo.

Uni Social Work Students on Placement

Anne (left) and Michelle (right) are Social Work students from UniSA. They are currently on placement with Holdfast Council which will include spending time at St. Andrew's on Thursdays. Anne is an international student from Kenya and is in her second year of study. Michelle is in her first year of study and is also expecting a baby. Welcome to them both and we hope they enjoy their time at St. Andrew's.



Thank You Judy



For many years, Judy has supported UnitingCare Glenelg by knitting blankets and lap rugs for those in need of warmth. Recently she took up a new project, making bears for our Op Shop. We're sure these little cuties will bring cuddly comfort and love for years to come to the lucky 'bearers.'

Pantry Items Needed

If you are looking for a practical way to give to UnitingCare Glenelg, please consider bringing items into the pantry.

Cereal	Spreads
Long life milk	Biscuits
Muesli bars	Healthy dried fruit
Tuna	Canned meals
Soup	Coffee/tea

Giving to St. Andrew's and UCG

Giving is a way of saying "thank you" to God and "yes!" to Christ's work of love in the world. To support St. Andrew's who provides infrastructure including staff:

BSB: 105 015
Acct. # 089117940

Or donate to UnitingCare Glenelg:

BSB: 105 015
Acct. # 123885940

Donations of >\$2 to UnitingCare Glenelg are tax deductible when made at:

<https://bit.ly/UnitingCareERC> or scan the QR code. Be sure to designate **UnitingCare Glenelg** when you make your donations.

