



St. Andrew's Uniting Church & UnitingCare Glenelg

Christian Community in the Heart of Glenelg

Issue 2, 2022

It's been over two years since the pandemic began. Recent months have added distressing events in Eastern Europe, devastating floods in Australia and an alarming climate report to our already overloaded nervous systems. An article in *The Guardian* by the CEO of Beyond Blue Georgie Harman suggests nurturing self-compassion and connection in community are essential for our health.

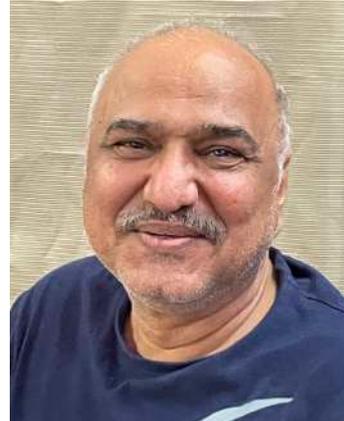
It is important to recognise the difference between "natural reactions" to stressful events and something that requires more attention. If our sense of distress is intrusive and ongoing, she encourages us to "reach out for support at the first sign of struggle."

Limiting news and social media consumption and ensuring information comes from reliable sources can be what Harman calls "a protective factor." She adds that "doing something restorative like spending time in nature, talking to a friend or playing with a pet, can be a vital act of self-replenishment that gives you the energy to be of service to others. If you're in a position to offer assistance, connecting to your community's volunteer network... can make you feel more hopeful and ease the sense of helplessness."

Self-compassion is crucial. "Don't beat yourself up if you're not as productive as you once were. Treat yourself the way you would a friend—be kind, patient, forgiving and acknowledge that you're doing your best in challenging circumstances."

May Harman's insights encourage us to continue being a place of hospitality, encounter and care. We are not alone.

Spotlight On Community



Rajesh first came to St. Andrew's for the drop in COVID booster clinic held in March. After a life-changing experience with the Delta variant in his hometown of Delhi, it was a relief to be fully vaccinated.

For over three decades, Rajesh served as a Class One Officer for the Government of India. He held a high position responsible for housing. But when the first wave of COVID hit India, Rajesh began to reconsider his priorities. He longed to meet up with his daughter Purva, her husband Arjun and son Ayaan in Australia and son Saksham in Canada. So, in September 2020, Rajesh took voluntary retirement and began making travel plans.

But when the Delta wave hit India in early 2021, Rajesh contracted COVID. He was in hospital for thirty-six days and resuscitated on two occasions. Rajesh says it is only God and the good wishes of his family and friends that brought him back to life.

Rajesh recalls seeing people in hospital beds around him dying. Doctors and nurses were crying because there was nothing they could do. To keep himself hopeful and strong, Rajesh listened to om chanting and maintained his connection to God and the family he knew was thinking of him.

(Cont.)

Reflecting on this experience, Rajesh says, “My whole life I was storing my hard-earned money for my future but this was all in vain. You never know if you will take your next breath or not. Millions of *rupee* cannot buy you one breath.”

A story illustrates how Rajesh is enacting this insight. When he visited Purva in Australia previously, she took the family to a local Gurudwara (a temple where Sikhs assemble and worship and where all are welcome). Previously Rajesh received a meal from the community but did not “clean his utensils.” While this is not an expectation, when Rajesh was sick with COVID he remembered this missed opportunity to serve. The thought, “I must go back to the Gurudwara in Australia and clean my utensils” was a motivating factor to keep living.

Rajesh’s belief in God has increased because of his COVID experience and his way of relating to others has changed. When he looks at people, he does not “indulge in petty thinking.” He sees his existence now as a “bonus life” in which he “must serve humankind and be humble towards others.”

Rajesh arrived in Australia with his wife Nanda on 12 March 2022. He is still recovering from COVID, tiring easily and not feeling as strong as he once was. He finds the fresh air and friendliness of Australia healing for his body and inner spirit. Rajesh is impressed by the love Australians have towards their country and has experienced a sense of welcome here.

O Lord, lead us from the unreal to the real;
from darkness to light; from death to immortality.

May there be peace in celestial regions.

May there be peace on earth.

May the waters be appeasing.

May herbs be wholesome
and may trees and plants bring peace to all.
May all beneficent beings bring peace to us.

May your wisdom spread peace
all through the world.

May all things be a source of peace to all and to me.

Om Shanti, Shanti, Shanti (Peace, peace, peace)

—Gandhi Institute for Nonviolence

EASTER QUIET MORNING

Saturday 16 April

9:30 am - noon

Waite Arboretum

Brief reflection to set the tone
followed by quiet meandering
through the arboretum.

Morning tea will be served.

Please RSVP:
christinegilb@optusnet.com.au

Growing Love Together

The Community Care pantry has been depleted since the Christmas refill. Thankfully groups and individuals continue to keep St. Andrew’s in mind, donating much needed items. We’ve also topped up some high demand items like cereal, long life milk, coffee, tea and protein using grant money. Thank you to the following groups who donated to the pantry in March.

- Lions Club of Edwardstown
- Ascot Community Uniting Church
- St. Andrew’s community

National Disaster Relief Fund for East Coast Floods

Northern NSW and southeast QLD continue to be impacted by flash flooding. Just four weeks after record floods forced thousands of people from their homes across the East Coast, new evacuations orders were put in place.

The Uniting Church’s Disaster Relief Fund enables real support for people at a grassroots level. Thanks to generous contributions from across the Uniting Church, more than \$100,000 has been raised and over 70 trained Chaplains have been deployed, bringing practical care to those in need. Donations can be made to the UCDRF fund at Westpac:

BSB: 032 303

Ac. No. 260041

A Snap Shot of St. Andrew's Food Service

The statistics below were collected between opening in mid-January through the end of March. They give a glimpse into the practical care that happens at St. Andrew's during the week. Some statistics include comparisons between January-March this year and last year.

- 45% identify as male
- 55% identify as female
- 64% are feeding more than one person
- 2 people are over 90 and 1 person is under 20

AGE	2022	2021
Over 80	4%	1%
Over 70	17%	6%
Over 50	15%	16.5%
Over 60	26%	16.5%
Over 40	24%	27%
Over 30	12%	17%
Over 20	2%	7%

- 22% of people were not born in Australia
- 7% identify as First Peoples
- 18% are at no fixed address (up from 11% last year)
- 360 main meals were served on Tuesday nights
- 488 litres of soup were served
- 1,018 bread rolls
- 504 litres of coffee/tea

As demand increases, there has been a significant drop in the amount of fresh food we receive from SecondBite. Currently, we offset this shortage by purchasing food from Caruso's using grant money. Please let us know if you have ideas for other ways we might procure fresh food.

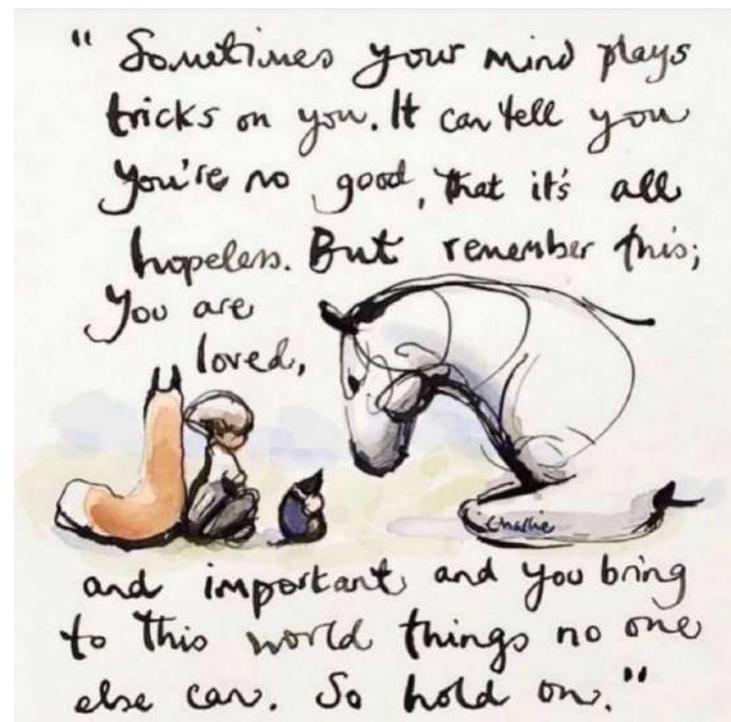
SUPPLIER	2022	2021
SecondBite bakery	775 kg	1348 kg
SecondBite fruit	940 kg	1952 kg
SecondBite veg	1335 kg	2562 kg
Baker's Delight	250 kg	
Caruso's	325 kg	

Welcome to Students Nadene and Jenny

Torrens University student Nadene joined the team of volunteers in February, serving during the day and at the Tuesday community meal. Nadene was looking for what she describes as a "real life experience" rather than sitting behind a desk. Her placement at St. Andrew's will complete Nadene's Bachelor of Applied Social Science degree. Nadene's aim is to contribute to society, using her skills and compassion to make a difference in community.



In March we welcomed Uniting College student Jenny to St. Andrew's. Jenny is doing her Supervised Field Education (SFE) with us. An SFE placement includes several hours of onsite learning through participation in the St. Andrew's community engagement program, Sunday worship as well as one-on-one theological reflection in Supervision and a group setting at Uniting College. Jenny is a lay leader at Willunga Uniting Church with an interest in the arts and social justice.



From *The Mole, the Fox and the Horse* by Charlie Mackesy

News about UCG Coordinator Avril

In December, Avril's husband Richard accepted a new job in Shepperton, Victoria. Since their return from visiting family in Canada over Christmas, they have been working towards this move including finding housing in Victoria, arranging for removalists and cleaners of their former home and finding a unit for Avril in Adelaide.

We are pleased that Avril will continue in her role at St. Andrew's for the time being. She will commute to Shepperton on most weekends meaning we will miss her presence in worship. Let us hold Avril, Richard and the ministry of St. Andrew's in our hearts during this time of transition.

Opportunity to Serve

Each month, hundreds of people walk through the doors of St. Andrew's where space is created for hospitality, encounter and care. Free meals are served, food support is provided, connections and belonging are forged. A vital but often hidden element of this mission is the historic properties in which the community gathers.

St. Andrew's is in need of volunteers to serve on the Property Services Team (PST). Volunteers will work with others who are interested and skilled at basic property maintenance, interacting with and overseeing tradies, and completing the tasks on the Uniting Church property audit. All this is done with an eye towards making the buildings accessible, functional and beautiful for present and future service in the community.

The PST meets once-a-month for approximately 90 minutes. Between meetings, volunteers fulfill the responsibilities which they have agreed to take on during the meetings. Please contact the church office on 8295 1771 with questions or to express your interest.

Artist in Residence

**John Coleman
with Jenny Batten**

15-22 May 2022

**St. Andrew's Uniting Church
92 Jetty Road, Glenelg**

*Celebrating and strengthening
the chords between us*

Information and Bookings

https://air_jcoleman.eventbrite.com



Please book for free events as space is limited.

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

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.

