

Morialta Vision ...in the Wilderness

– by the gift of the spirit we have not lost the way!

A Publication of Morialta Uniting Church

Issue 17 ~ 11 November 2020

Morialta Uniting Church—follow us on Facebook or check out our website at www.morialtauca.org.au

Welcome to Vision in the Wilderness 17

– by the gift of the spirit we have not lost the way.

Your Vision in the Wilderness arrives in the middle of NAIDOC week, delayed from July. The theme for this year – *Always Was, Always Will Be* – recognises that First Nations Peoples have occupied and cared for this continent for over 65,000 years.

Ruth Dunning reflects on her visit to Venice with her daughter almost half a century ago, and there is something for knitters, sewers and quilters, if you still have a spare moment. We also include suggestions for looking after your mental health.

We welcome your contributions – stories, events, photos and articles – less than 300 words is ideal and hand written pieces are fine. Cut off dates for future “VitW” are **20th November** and **4th December**.

Either drop a copy into Nicole at the Office

or call me on 0427 122 106

or email me at snout-n-about@bigpond.com.au

Go well and stay safe!

Congregation Meeting 6 December: Note the date!

Just letting you know that a Congregation Meeting will be held on Sunday 6 December. It will take place in the church immediately after the worship service, so we can observe full COVID-safe requirements. More details and the papers for the meeting will be distributed in good time, by email and by delivery to letterboxes for those without email.

Margaret Cargill, Congregation Chairperson

Not the Mighty Magill Market 2020

Sadly, due to Covid-19, we will not be holding our usual Mighty Magill Market this year. Instead we will be joining in the national Garage Sale Trail on **Saturday 21st November from 9am to 2pm**, observing all the necessary precautions to keep everyone safe.

If you can donate:

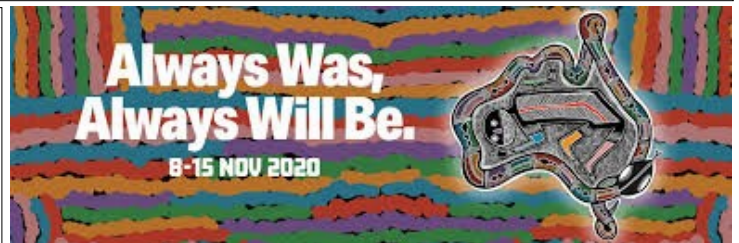
Craft items, please talk to Carole (0407 320 856)

Plants, please talk to Chris (0407 719 870)

Books, please talk to Miranda (0432 933 761) or leave donations in the church library.

No food, bric-a-brac or clothes stalls this year!

If you have any questions or need items collected, please call Helena (0422 383 842) or Bruce (0413 606 200).



NAIDOC Week – 8th to 15th November

Adapted from the Assembly website

The theme for NAIDOC Week 2020 – *Always Was, Always Will Be* – recognises that First Nations Peoples have occupied and cared for this continent for over 65,000 years. During this week we celebrate the spiritual and cultural connection of those who walked here first.

We are reminded that this country was criss-crossed by generations of nations. Aboriginal and Torres Strait Islander Peoples were Australia’s first explorers, first navigators, first engineers, first farmers, first botanists, first scientists, first diplomats, first astronomers and first artists. Through land management systems like fire stick farming, First Nations Peoples transformed the harshest continent into a land of bounty.

Australia has the world’s oldest oral stories. The First Peoples engraved the world’s first maps, made the earliest paintings of ceremony and invented unique technologies. They built and engineered structures predating well-known sites such as the Egyptian Pyramids and Stonehenge. First Nations Peoples have lived in harmony with creation for millennia and their knowledge is vital to the present climate crisis we face.

NAIDOC Week 2020 invites all Australians to see, hear and learn about the 65,000+ year history of this country.

Our nation’s story didn’t begin with European contact, the very first footprints on this continent were those belonging to First Nations Peoples. This nation’s story began at the dawn of time.

All Australians are encouraged to celebrate that First Nations Australians have the oldest continuing cultures on the planet and to recognise that their sovereignty was never ceded. We invite you to watch the introduction to NAIDOC Week <https://vimeo.com/473304709> from Interim UAICC National Chairperson Rev Mark Kickett and UCA President Dr Deidre Palmer. They offer an encouragement to UCA members to connect and share stories and to celebrate the First Nations Peoples of this land and her waters.

Let us celebrate *Always Was, Always Will Be* – NAIDOC 2020.



Memories of Venice

From Ruth Dunning

Wow! My daughter, Alison, and I stood transfixed in the nave of the 12th century richly embellished church of San Nicolo dei Mendicoli in Venice. In the 1970s, through the Venice in Peril Fund, it had undergone one of the most comprehensive restoration programmes since the floods of 1966 including raising the floor level 30cm. We were amazed at the 16th century gilded wood statues stretching high up across the nave and being completely alone midst all this grandeur doubled the impact.



Later we visited the 9th century church of San Zaccaria with its adjoining Benedictine convent. We made our way to the mysterious and eerie water-logged crypt where we had read that eight Doges lay buried. We strained our eyes but could only see one tomb above water. "Ugh", said Alison, "Let's go"! We hurried across the now darkened church to the main door- but it was locked! I was startled when suddenly, through the gloom, a monk appeared beside me and unlocked the door for us! Outside, I said to Alison, "Another missed heart beat like that and I could be in the crypt with the Doges"!

Feeling the need to sit down we then treated ourselves to a meal in our hotel's canal-side floating restaurant. Gondolas, vaporettis and water taxis swished along the Grand Canal while across the water we could see the picture-perfect church and monastery of San Giorgio Maggiore. Later we would see there Tintoretto's painting of "The Last Supper". In the other direction was the much-photographed Church of Santa Maria della Salute (health and salvation) built to commemorate the end of the 1630 plague. The Church is supported by over a million timber piles.



There is much to see and capture one's imagination in this slowly sinking city of Venice!

Fellowship

The AGM is on Thursday, 19 November at 10 am, followed by a brief morning tea (BYO).

Guest speaker Gil Sullivan will tell us of his life in music. Bring your own lunch for 'chat & chew' afterwards, with COVID-19 precautions observed.

Wrapped sweets and cardboard rolls for UnitingCare bonbons are much needed - please bring some with you!

Looking after your mental health

Adapted from Médecins Sans Frontières

Creating an environment that helps support your mental health is crucial to your wellbeing. Here are simple things to incorporate into daily life that can make a big difference.

Breathing – If you're struggling with your emotions and unable to break out of a negative thought pattern, start by focusing on your breathing. Conscious breathing can calm and give you a sense of control when you feel anxious. Take a deep breath and hold it for as long as you can, then exhale. Repeat three or four times. Take in deep breaths through your diaphragm (your stomach should rise as you take each breath), holding for a set time, then slowly breathing out. Repeat for a few minutes until you feel a little calmer. Listening to music can help you automatically regulate your breathing.

Pause – If you start to feel overwhelmed, intentionally pause and reflect on your feelings rather than trying to push through them.

Start some good habits – Establish a good routine. Start with the basics—wake up on time, eat at the same time every day, and go to bed at a set time each night. This stability can improve your overall wellbeing. Once you've set up some simple healthy habits, it will be easier to add new ones in.

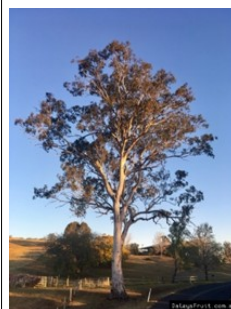
Move your body – Regular exercise isn't just for your physical health – it's essential for your mental health, too. Try to set aside 15-30 minutes every day for exercise that you find enjoyable. Walking, yoga, or deep stretching are great ways to move your body and calm your mind.

Exercise your mind – Pick up a new book, take up a new hobby, or start a new exercise that challenges you. New information can give your mind something else to focus on and distract you from negative thoughts.

Make achievable plans – If things feel hopeless, focus on small things that you can achieve. Set goals that you can accomplish easily and allow yourself to feel a sense of achievement when you've met them.

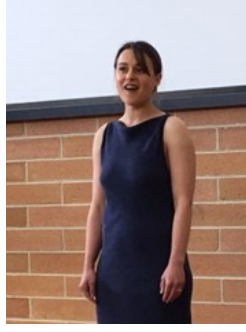
Identify your support system – Symptoms of poor mental health can be difficult to identify ourselves, unlike many physical symptoms. Identify individuals who can form your support system – ask who is looking out for me, and who am I looking out for? Trust is a key part of this process – start discussions with the people you value so that they can support you when you need help identifying what you are feeling.

The Heart of the Tree by Century



What does he plant who plants a tree?
 He plants the friend of sun and sky;
 He plants the flag of breezes free,
 The shaft of beauty, towering high;
 He plants a home to heaven anigh;
 For song and mother croon of bird
 In hushed and happy twilight heard—
 The treble of heaven's harmony—
 These things he plants who plants a tree.

A pleasant Sunday afternoon...



Kym Purling, Katrina Mackenzie and the Barber Shop Quartet (Jill, Chris, David and Anne) entertained 50 guests during our delicious Devonshire tea. Thanks to all who contributed to a delightful afternoon of catching up with each other!



Well done to our AV Team!

Bruce recently had a phone conversation with Margaret Zammit of Clayton Church Homes, following up on information provided by Peter Norman. Margaret said that they had looked at many options since the start of COVID and they kept coming back to Morialta UC's streamed services.

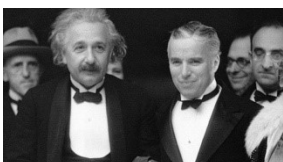
There were a number of specific reasons:

- the quality of the presentation
- the clarity of speakers
- the availability of the words with the singing
- the quality of the singers - particularly Katrina
- the fact that the presentation wasn't 'busy'
- the length of the services were in that 'Goldilocks' range— not too long, not too short
- and there were a number of very positive comments.

Congratulations to all of those who provide support behind and in front of the cameras!

Albert Einstein meets Charlie Chaplin

Einstein: What I admire most about your art, is its universality. You do not say a word, and yet the world understands you.



Chaplin: It's true, but your fame is even greater. The world admires you, when nobody understands you.

Peanuts and the arrival of Franklin

Adapted from *The Jon S. Randal Peace Page*

On July 31, 1968, a young black man was reading the newspaper when he saw something that he had never seen before. With tears in his eyes, he started running and screaming throughout the house. He showed his mom, and she gasped, seeing something she thought she would never see in her lifetime. Throughout the world, there were similar reactions. What they saw was Franklin's first appearance in "Peanuts."



Franklin was "born" after the death of Martin Luther King when Harriet Glickman, a mother who taught and worked with children, wrote to Charles M. Schulz because she was aware of the power of comics on children.

Harriet ask Schulz if he could consider adding a black character to his popular comic strip. Schulz was intrigued but wasn't sure – he felt that it may sound condescending to people of colour. Glickman continued communicating with Schulz, and even had black friends write to him.

Finally, Schulz asked Glickman to check her newspaper on July 31, 1968. On that date, the cartoon showed Charlie Brown meeting a new character, named Franklin. Other than his colour, Franklin was just an ordinary kid who befriends and helps Charlie Brown. Franklin also mentions that his father was "over at Vietnam." Eventually Charlie invites Franklin to his home to spend the night so they can continue their friendship. It was no big deal, just a natural conversation between two kids who do not care they are different. That Franklin's father was fighting for his country was also a strong statement.

However, many fans were upset and one Southern editor wrote, "I don't mind you having a black character, but please don't show them in school together." The comic's publishers were also concerned as many newspapers threatened to cut the strip. But Schulz's response to their CEO was: "Well, let's put it this way: Either you print it just the way I draw it or I quit. How's that?"

Franklin became a regular character, even sitting in front of Peppermint Patty at school and playing centre field on her baseball team.

Because of Glickman and because of Schulz, people around the world were introduced to a little boy named Franklin and good ole Charlie Brown and his friends showed how easy it is to accept "the other".

Christmas 2020?

No nativity this year because the three wise men face a travel ban, the shepherds have been furloughed and the innkeeper has shut under tier three regulations and has had a slump in bookings.

Santa won't be working as he would break the rule of six with Dasher, Dancer, Prancer, Vixen, Comet, Cupid, Donder and Blitzen, and as for Rudolph, he should be self-isolating and taking a Covid test, due to his red nose.



Aussies Knitting for War-Affected Kids
and crocheters, sewers, quilters and more

Aussies Knitting for War-Affected Kids

Akwak are deeply committed to assisting children affected by war and conflict. Members knit, crochet, sew, craft and make warm clothing, blankets, toys and other items for kids who are living in orphanages, refugee camps and internally displaced persons (IDP) camps. They strive to look after the most disadvantaged children in the world. Children who have lost homes, families and loved ones in the most violent circumstances. They escape with barely the clothes on their backs, laden down with deep emotional trauma. If they flee in summer, ill-fitting sandals and lightweight clothes are usually all they have for winter.

Akwak aim to provide a complete winter woollies pack to as many children as possible – from newborn through to mid-teens. Their minimum packs contain a warm woolen garment, hat, mittens and knitted socks. They also add a comfort toy, undies, extra bought socks, a cotton carry bag and a bouncy ball, plus, as many blankets as they can send.



Because the children face shocking fire risks Akwak maintain yarn standards (about 75/80%+ animal fibre yarn, wool, alpaca, etc) for worn items. Acrylics for clothing items are completely unsuitable for the conditions.

If you are interested to know more you can join the group on Facebook *Aussies Knitting for War Affected Kids* or sign up to Ravelry, which is a free website for knitters, crocheters, and fibre artists @ <https://www.ravelry.com>.

The final 2 things we can do right now to help the world

From *Reset – Digital for Good*

Protect our forests and plant more trees

Forest restoration is the top solution and two thirds of man-made CO₂ emissions could be removed from our atmosphere by reforesting 900 million hectares worldwide. But we need also to stop deforestation of huge areas at the same time.

Make your voice heard!

Take opportunities to express your beliefs and concerns based on sound facts. If a person is mouthing non-facts – politely challenge them. Write to politicians who also make unsound statements.

2020 Poverty in Australia Overview

Adapted from the Council of Social Services and the University of NSW

“Poverty is the parent of revolution and crime.” Aristotle

In Australia 3.24 million people, or 13.2% of Australians, were living below the poverty before COVID. That includes more than 1 in 6 children. The poverty line for single people is \$457 per week and just under \$1,000 per week for a family of 2 adults and 2 children.

Households relying mainly on social security payments are approximately five times more likely to experience poverty (36%) than those relying mainly on wages and salaries (7%). In fact, the highest poverty rates are found in households where the main earner receives Newstart allowance (57%), reflecting the consequences of being unemployed with few resources. This reflects the grossly inadequate level of the Newstart (now *JobSeeker*) payment – the focus of a decade long campaign to Raise the Rate of the unemployment payment.

Groups with a higher share of people in poverty include women and girls (53%), people in households whose main income is social security (51%), and people with a disability (49%).

People in households whose reference person receives Age Pension (28%), Newstart Allowance (24%), or Parenting Payment (23%) are less affected.

The reports are available at [Poverty-in-Australia-2020-Part-1-Overview.pdf](#) and [Poverty-in-Australia-2020-Part-2-Who-is-affected-Final.pdf](#) if you would like to know more.



“He ain’t heavy, he’s my brother”
(Sculpture in Boys Town, Nebraska.)

More information at

<https://www.boystown.org/blog/Pages/story-behind-aint-heavy.aspx>

Tribes – New and Old

The Editor

On Sunday 8th November, during focus time, Bruce Ind talked about tribes and how we all belong to various tribes. One of the oldest “uncontacted” tribes in the world is thought to be the Sentinelese who have been described as a Stone Age tribe. Some reports claim they have lived in isolation for over 60,000 years on one of the Andaman Islands in the Indian Ocean. They vigorously reject all contact with outsiders.

The Sentinelese amazed the world in 2004 by surviving the Indian Ocean Tsunami without loss of life. When the Indian army helicopters arrived expecting to find huge loss of life, they were surprised to find not even one injured person. When they asked the chief how come, he matter-of-factly pointed out that as he knew the tsunami was coming, he ordered everyone to go to the safety of the highest point on the island. Although the Sentinelese may be described as “stone age”, they did not need sophisticated tsunami warning equipment to warn them a tsunami was on its way!