

Beyond 2020 Vision

A Publication of Morialta Uniting Church

April 2022

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

Welcome to our Easter edition

Colin Cargill, Editor and Helena Begg, Publisher

We bring you two reflections for Easter – one, by Dawn Hutchings from Martin Luther University College in Canada, looks at resurrection; the other, by author and theologian Dr. Carl Krieg, offers “one Easter scenario”.

We also include a eulogy for Alan Hale and articles by several MUC scribes, as well as Morialta news.

The cut-off date for the next edition will be **30th April 2022**. Either drop a copy in to Nicole at the Office or call/email Colin on 0427 122 106 or snout-n-about@bigpond.com

Go well.

One possible Easter scenario

Adapted from an article by Dr. Carl Krieg – author of 'What to Believe?: The Questions of Christian Faith' and 'The Void and the Vision'.

During his life, Jesus impacted many who then became his followers, some stayed with him while others moved on. One thing is clear – he presented an image of what human, loving life was. These concepts of loving humanity and loving divinity inspired and infused both groups of disciples. For those who



stayed with Jesus, even though he had suffered the most horrible death imaginable, they felt him to be alive in their midst as they continued the community he had

created. It was a mystery beyond understanding and comprehension, but for them a certainty nonetheless. Jesus had lived, died, and now lives again. They were convinced that the evil and death manifest on the cross was not the final word, that cosmic Love overcomes evil and death. For those who moved on, knowing nothing of the death of Jesus, they also were certain that he was still with them as they travelled, a spiritual presence that continued to convince them that Love is the underlying essence of the cosmos.

In the attempt to illuminate this certainty and this mystery, there evolved images of an empty tomb and stories of appearances to the disciples, neither intended to be taken literally, but intended rather as tools to help others understand the mystery. Unfortunately, as time passed and new generations joined the nascent church, the images became identified with the thing itself, and resurrection came to mean resuscitation rather than renewal on a cosmic scale. And the revolution called for in Jesus' proclamation that the equitable Kingdom of God was at hand, succumbed to the old way of patronage and patriarchy – wealth and power. Resuscitation and the power structure we find in Timothy go hand in hand as they push aside and replace the initial gospel story.

As we consider all the facts, the basic story that emerges is quite simple. The disciples were re-born while they lived with Jesus, and his death neither deterred nor discouraged them. Instead, they turned to one another and embraced, fully aware in their hearts that he was not only still with them, but also that the newness he embodied embraced the universe. This was the bedrock of their faith and forms the foundation for the day we call Easter.



Easter worship at Morialta UC

Maunder Thursday (14 April) at 6.45pm - we will gather for a meal (purchase your own) with liturgy and reflection.

Good Friday (April 15) at 9.00am - we gather at the church for a service of reflection and sorrow.

Easter Sunday (April 17) at 9.30am - Easter worship at church.



Quilts and Pillows for Magill Lodge

This colourful photo shows the last of the 38 quilt-and-pillow sets Judith Purling has made and gifted to the residents of Magill Lodge over recent months – your editor was lucky enough to be visiting Judith when they were piled on her sofa just prior to the delivery run. In addition, Judith made a miniature sweets stocking with lace edging for each resident for last Christmas – all this during the time when visitors haven't been permitted because of the COVID restrictions. We can imagine the joy felt as each resident received their hand-made treasures. You will remember that Gaynor and Tomoko introduced us to the Magill Lodge group when we responded to a request for warm winter clothes some time ago. It's fabulous to see this magnificent extension of Morialta's expression of care – many thanks, Judith, from all of us!

Fellowship News

From Margaret Clogg

At our March meeting, Jenny Humphries spoke about her early Nursing Life with the Australian Inland Mission at Oodnadatta and the RFDS in the late 1960's. Her trip to Oodnadatta on the Old Ghan took 24 hours and she was then met with extreme heat as she left the train.

All communication to the outlying stations was by a battery powered radio, and if phone calls were required at night the nurses had to run down to the local store, wake the store keeper who then opened the exchange so the calls could be made. Unfortunately many urgent medical events happened at night.

Trips to the stations to take supplies and replenish medical kits etc., were made by a light plane whose owner/pilot was a "bit of a cowboy" and that made for interesting trips!!

Monitoring the indigenous patients medications was a bit of an ordeal as they would sometimes "go walk about" and not come back for follow-up checks, or they would share their medications with their friends and relatives. This did not lead to effective cures in many cases.

While working with the RFDS as the Flight Nurse, a very severe accident on the unsealed Eyre Highway necessitated the plane to land on the rough highway as there was no air strip close enough to attend and then evacuate the patient to Adelaide. The patient sustained multiple injuries including a crushed chest, therefore he couldn't be secured to the stretcher in the normal way.

Sadly, he did not 'make it' to the RAH and as the flight nurse, Jenny had to deal with this as part of her duties.

It was a very different nursing life in the outback in the '60's compared to what today's life is like in a big city hospital where every modern piece of equipment is available. A highlight of Jenny's life as a Flight Nurse at Pt Augusta was when she met and married one of the RFDS Pilots, her life continued to be very interesting through his work.

Our next meeting is on Thursday April 21st when Ruth Pitt will give an account and show photos of her recent trip to the Eyre Peninsula.

Every-one is welcome.

What can I do?

Cynthia Story

"What can I give him, poor as I am..." (from Christina Rossetti)

And so I sit in my living room, just listening to the news. Not even the world news – tuning into the local, state, or Australian news relentlessly droning on into the night air...

Am I even listening? What does such devastation in each part of the world have to do with me?

Climate change – sympathy does nothing to create a difference... Floods, fires, wars, pestilence, the terrible anger and violence of a volcano – merciless raining of mud covering whole cities, in one second of our time a precious piece of history is gone.

These people, who had lived there with their loves and lives, their passions and their dreams... never guess that their existence could be obliterated, now gone from the earth that they knew and trusted to hold them and their families.

I am not even going to speak of war – the disgrace on everyone's horrified face – the anguished grimace that beholds needless death. I am not there, I am nowhere near.

There are injustices that are closer – wrongs perpetrated in my country – I have no weapon in writing or oratory.

So... what do I do? I have compassion... and LOVE.

I watch the most loved ones close by me, the passion I feel watching the downward spiral of their lives – I am powerless... silent. Part of life, but deserved???

Out of this passion that burns within my heart I look for something tangible that I can bring to those around me.

For a long while I am lost in thought. The fire burning through my veins pounds in my head. My eye catches one of my paintings on the living room wall... part of me. My passion to bring colour to this black, grey and white world.

I didn't know until the painting was finished, that the colours burning into my eyes... this was my power!!

Many other artists have done likewise – but this is my exclamation – my outraged shout! This now makes up who I am, and the person I appear to everyone around me. A special light, glowing coals of fire in my eyes – do they see these?

Magic fingers take their place on my hands, and I write, paint - I can tell them – who I have become.

"What can I give Him, give Him my heart"



Kyiv or Kiev

The capital of Ukraine is Kyiv (*pronounced Keev*). Kyiv is the transliteration from Ukraine.

Kiev (*pronounced Key-ev*) is the Russian transliteration.

As one small way to stand with the Ukrainian people, try to using the first spelling and pronunciation.



Alan Edwin Hale
1944 - 2022

Alan was born in Tonypanyd in the Rhondda valley of South Wales where he lived until arriving in Australia as a “10 pound” Pom and settling with his family in Elizabeth at the age of 18.

Alan was an aspiring mechanical engineer, having almost completed an apprenticeship in Wales. But as Australia did not recognise his qualification, he worked as photographer, a band manager, social organiser, and promoter. His day jobs were at the SA housing commission, then as a quality control officer in the Chrysler factory in Victoria before transitioning to promotions and marketing - an industry in which his contribution became well acknowledged.

Alan first met Eileen in 1963 and they were married in 1965. His family estimate that Alan lived in over 25 houses in 4 different countries during an amazing life. Compared to their school friends ‘the Hales’ were regarded as globetrotters having tagged along from Australia to New Zealand to the UK and back to Australia, whilst Alan morphed from band promoter in Australia, to radio marketer in NZ, to sales promoter in the UK and, finally, back to Australia where he used a skillset honed overseas to help grow and manage sales promotion businesses in Australia.

One characteristic that remained consistent throughout his life was his curious and enquiring mind. A deeply reflective critical thinker, with a love of both high and low brow pursuits – Rock, Rogers and Hammerstein, painting, crime novels, fishing and crossword puzzles.

His obsession with marketing and promotions meant that when he was responsible for the weekly shop, he would return with the most bizarre food products, because the promotion on the pack had caught his eye. The family would then be obliged to dutifully eat the contents, so that Alan could paste that packet into one of his many scrapbooks. The family also became accustomed to reading newspapers and magazines with gaping holes in articles where there had been interesting promotions.

In his later years Alan became very interested in relationship with first nations people. He engaged deeply with the ideas expressed in the Uluru statement from the heart and the need for systemic change to allow for stronger representation of Indigenous voices in the governing of the country. Alan also felt compelled to help people down on their luck and had an ability to understand and extend compassion, particularly to eccentric thinkers.

However, Alan will be remembered as a champion of local music and the musicians who made it. His entrepreneurial talents emerged on the voyage to Australia when he gained permission from the Captain of the P&O ship *Orcades* to conduct a disco on the lower deck ballroom for the teenage passengers to relieve the boredom. Maybe the first disco on a P&O vessel!

Soon after arriving in Elizabeth, Alan established ‘the Hydaway Club’ with his church youth group, initially just playing records on Friday nights. The Club soon outgrew the venue and moved to St. Peters Anglican Mission Hall in Elizabeth Centre, with 300 plus attending each week.

For a source of live music, Alan made contact with a number of local rock bands and was soon managing some of the bands. He helped form Alwyn Promotions to handle bookings and promote dances. Regular gigs in Elizabeth were ‘Club-A-GoGo’ on Wednesday nights and the ‘Hydaway’ on Friday nights.

He then opened ‘The Pop Inn’ in the East End, which moved to ‘The Beat Basement’ in Rundle St. Alan continued to blaze new trails in the local music scene as a promoter, an artist manager, band manager, record producer – always with the interests of his charges at heart. He was also involved in the Myponga Festival and the Meadows Technicolour Fair, Headquarters and ‘Redgrass’. He was a giant of 60’s music in South Australia.

Alan also had an appreciation for the ridiculous. He loved the Goons, The Goodies, Monty Python and the Kenny Everett Video Show, all of which catered to his mischievous side.

Before coming to Morialta UC Alan was member of Bridgewater UC for over 25 years. One of the enduring things that he brought to Bridgewater was the home group concept. The first was a mixed group...which transitioned into ‘The Men’s Group’ and The Women’s group.

Another idea was an annual Men’s Group Sleepover at a cottage above Charleston. It was described as “such a refreshing time that it was like being away for a week” and ran from around 6pm of a Friday to around 9.00am on Saturday. It included cooking a meal and chatting together followed discussion on a topic late into the night. After a ‘short’ sleep there was a 7am communion service around the rekindled fire, led by Alan, followed by a cooked breakfast.

Soon after moving to Morialta UC, Alan became a valued member of Church Council where he made significant contributions to the life of MUC.

In one of Alan’s last chats with his friend John Morgan – when speaking about life – he said

“... what is important Morgan, is not so much making money, but making a difference” He paused then added. “I have always tried to make a difference”.

Vale Alan

Remembering Alan Hale

Joan Wagner

Last year Christine Garner led a study 'Stories from the Soul' by Lyn Bray - a guide to finding meaning in your life story. Alan was a member of the group and was a great communicator and a generous giver, sharing meaningful articles with us. One of the articles Alan shared was 'The Train of Life'.



The Train of Life
Source Unknown

At birth, we board the train and meet our parents, and we believe they will always travel by our side.

As time goes by, other people will board the train; and they will be significant i.e. our siblings, friends, children, and even the love of your life.

However, at some station our parents will step down from the train, leaving us on this journey alone. Others will step down over time and leave a permanent vacuum.

Some, however, will go so unnoticed that we don't realise they vacated their seats.

This train ride will be full of joy, sorrow, fantasy, expectations, hellos, goodbyes, and farewells.

Success consists of having a good relationship with all passengers requiring that we give the best of ourselves.

The mystery to everyone is: We do not know at which station we ourselves will step down.

So, we must live in the best way, love, forgive, and offer the best of who we are.

It is important to do this because when the time comes for us to step down and leave our seat empty, we should leave behind beautiful memories for those who will continue to travel on the train of life.

I wish you all a joyful journey.

What a blessing it is that our church provides ongoing and occasional study opportunities to explore our faith journeys and enjoy valuable times of fellowship together. Special thanks to all who plan, prepare and lead us making this possible.

Dust if you must....

Dust if you must, but wouldn't it be better,
To paint a picture or write a letter,
Bake a cake or plant a seed,
Ponder the difference between want and need?

Dust if you must, but there's not much time,
With rivers to swim and mountains to climb,
Music to hear and books to read,
Friends to cherish and life to lead.

2022 Palm Sunday Peace & Justice Walk

Chief Sponsor – Churches Together SA

Celebrating Connection, Care and Living Faith

Our South Australian community has a long history of being a welcoming, supportive and peace-making community which has sought justice and equality, across our diverse and multicultural people. The community voice has spoken and lasting changes have been made.

2022 is a time where our collective voice needs to be raised and our commitment to be witnessed. We invite you and your organisation to join with us in solidarity at the 2022 Palm Sunday Peace & Justice Walk.

Date and time: Sunday April 10th at 2.00pm

Place: Tarntanyanga/Victoria Square

As a visible sign of peace-making, respect, solace and harmony, this Walk will be in silence, with our banners as our voice. We walk for many areas of injustice.

This year, we focus on:

Reconciliation & Statement from the heart

Justice for Refugees

Environment & Climate Change

Peace and conflict resolution

The Walk

Gather at Tarntanyanga/Victoria Square from 1.30pm for a 2pm start.

Bring banners, wear symbols or statements etc as a visible presence.

Welcome to Kurna Country.

The Walk - travel down King William Street, turn at North Terrace and return to the square.

Speakers on the key foci will share information.

Engage with the sponsors & endorsers via the promotion tables & enjoy the music.

Sponsorship & Endorsement

Donations will enable facilitation of the event. Please consider contributing - contact admin@churchestogethersa.org.au to donate.

Registering We ask where possible, you register your involvement at www.churchestogethersa.org.au

Enquiries @ www.churchestogethersa.org.au

Dust if you must, but the world's out there
With the sun in your eyes, the wind in your hair,
A flutter of snow, a shower of rain.
This day will not com 'round again.

Dust if you must, but bear in mind,
Old age will come and it's not always kind,
And when you go (and go you must),
You, yourself, will make more dust!

Rose Milligan

Preparing to Preach on Resurrection: Giving up the notion of a physical resuscitation.

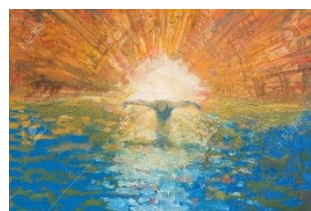
Dawn Hutchings – Pastor at Holy Cross Lutheran Church, Martin Luther University College, Toronto Canada.



Christ is Risen! Christ is risen indeed. Alleluia! “What does it mean that ‘Christ is risen’?”

For many Christians and non-Christians alike Resurrection is the dividing line. A line that can be seen in the earliest Christian writings.

Christianity’s preoccupation with the strange events that happened after Jesus’ death prevents a great many people from ever hearing the actual teachings of Jesus. The idea that a dead man came back to life some 2000 years ago is simply too much for 21st century minds to accept.



While sermons will be preached this Easter morning that declare that Jesus physically rose from the dead, the Bible itself is much less clear on the details of the resurrection. Mark, written at least 40 years after Jesus died,

ends with the mystery of an empty tomb, with no appearances by Jesus. In the other gospels, Jesus appears but is not recognized, even by his former disciples. In some Jesus takes on ghost-like qualities by suddenly appearing in and then disappearing from locked rooms. These accounts don’t give us much to go on, and yet without this strange experience of resurrection, whatever it actually was, we would not have Christianity as a religion.

The Apostle Paul wrote his first letter to the church in Corinth about 20 years after Jesus was crucified, and at least 20 years before Mark’s Gospel. Paul’s understanding of resurrection was good enough for the early followers of ‘the way’ and it does not conflict with our 21st century inability to accept the suspension of the natural order of the universe. Paul never described Jesus’ resurrection as a physical resuscitation of Jesus’ corpse. Indeed Paul (1 Corinthians 15) denies that Jesus’ resurrection was an actual physical resurrection.

Paul writes: “V.35- But someone will ask, ‘How are the dead raised? With what kind of body do they come?’ You foolish man! What you sow does not come to life unless it dies. And what you sow is not the body which is to be, but a bare kernel, perhaps of wheat or of some other grain. But God gives it a body as he has

chosen, and to each kind of seed its own body.”... “V.48 So is it with the resurrection of the dead. What is sown is perishable, what is raised is imperishable. It is sown in dishonour; it is raised in glory. It is sown in weakness; it is raised in power. It is sown a physical body; it is raised a spiritual body. If there is a physical body, there is also a spiritual body.” ...”V.50 I tell you this, brethren: flesh and blood cannot inherit the kingdom of God, nor does the perishable inherit the imperishable.”

As a Pharisee, Paul believed in the resurrection of the dead and he believed that Jesus had been raised from the dead. But as for our question about an actual physical body, Paul insists that this is simply a stupid question. When you sow a seed into the ground and it bursts forth into new life, that new life doesn’t come in the form of a seed, it comes to life as a plant! The Apostle Paul did not need there to be an actual physical resuscitation of a body in order to believe that Jesus is risen from the dead.

Is it possible, that something our 21st century minds would describe as ‘deeply spiritual’ happened, but that something was not a supernatural resuscitation of a corpse? The supernatural resuscitation of a corpse not only violates the laws of science, it is also difficult to reconcile a physical resuscitation with the details that are recorded in the Scriptures.

I believe that the biblical accounts of the risen Christ, represent the powerful stories told by the first followers of Jesus. Stories not about the supernatural, but about the mystical experiences of the living power of God in the world. We need not take these stories literally, but we must take them seriously.

The miracle of Easter is not so much about the resurrection of Jesus as it is about our own resurrections. Jesus has left the tomb, and if we are to follow Jesus then we too shall have to leave the old trappings, like grave clothes, behind.

Long after they found the empty tomb, Jesus’ loved ones continued to experience his presence in very real ways. In the breaking of the bread, and in the sharing of meals; as they walked the pathways they had walked with Jesus, and fished the waters they had navigated with Jesus.

They encountered the power of Jesus’ love that could not be limited by death. And by the power of that LOVE, we can leave behind the tattered grave-clothes that bind us so that we can follow Christ into the light.

Christ is risen! Christ is risen indeed. Alleluia! Christ lives and breathes and has being, in, with, through, and beyond us!

Martung Upah Appeal

Martung Upah means partnership and is the National Council of Churches in Australia’s major fundraising appeal. Income received from this appeal allows us to fund the Aboriginal and Torres Strait Islander Development Fund.

Your gift makes an enormous difference to help us support our First Nations people. Without it, we would not be able to provide educational resources to the wider community, engage the churches in Indigenous issues or fund important community development projects.

The Martung Upah appeal is one way that you can support Aboriginal and Torres Strait Islander peoples directly. Our aim is to build a better tomorrow for all First Nations children so that injustice and discrimination will not be part of Australia’s future.

To make a secure online donation enter Martung Upah Appeal in your search engine or click on https://actforpeace.force.com/s/single-screen-donation-page?AS_Campaign_Id=70128000001JGoQ

Who and what are Circles of Friends?

Adapted from "Circle of Friends – South Australia" website

Circle of Friends are groups of volunteers who support asylum seekers and refugees in the community and in detention. They assist refugees and asylum seekers and communities suffering in situations of conflict, displacement, disaster, discrimination and poverty, as well as organise educational activities to inform members and the public about issues relating to asylum seekers and refugees. Existing Circles also actively encourage the formation and growth of regional groups to support refugees and asylum seekers in their community.

There are currently 10 active Circles in SA that report the Circle of Friends Inc Board. Four are connected with Uniting Churches, the closest being Clayton Wesley UC. Other are Blackwood, Christ Church (ELC) and Pilgrim.



Many Circles were established to assist refugees living in the community and to raise awareness of the inequality in our treatment of asylum seekers and refugees. Some Circles work with referring Agencies to fill gaps in support for individuals and families seeking refuge or asylum, while others were set up to respond to the needs of many asylum seekers who are without any income during the COVID-19 shut down. Many Asylum Seekers are unemployed or have lost their jobs and receive no assistance from the Government because they are on temporary visas.

At least 2 Circles date back to when Baxter and Inverbrackie Detention Centres were active. These Circles have continued to assist families with whom they developed on-going friendships while in detention. The support comes in different forms including helping them to move house regularly.

One Circle focuses on helping refugees and asylum seekers gain educational qualifications to enable them to lead dignified lives and to join the Australian workforce in jobs that allow them to support their families appropriately.

A Circle of Last Resort, set up in 2011 by a combined meeting of Circles, provides a rapid response for refugees requiring emergency assistance, and to provide prompt responses to appeals (within 48 hours). Most referrals come from experienced Agencies which have exhausted all other options including Red Cross, Australian Refugee Association (ARA) and STARS.

Some Circles, including Circle of Hope which works closely with Hopes Café and other programmes at the Clayton Wesley Church, provide a wide range of financial and social support to asylum seekers. These include gifts or interest free loans to refugees and asylum seekers struggling to pay the costs associated with Protection Visas and Family Reunion visas.

At least 2 Circles help asylum-seekers who are living with no income due to being deemed ineligible by the Federal Department of Home Affairs for any form of social security despite being unemployed. Many of these asylum seekers have been in Australia since 2012/2013 but still possess only temporary bridging visas. Some have had their refugee claims refused; some are still waiting for a decision; some are following limited avenues for appeal, which can take years.

One Circle coordinates a short-term food and essentials distribution project for people on bridging and temporary visas who have lost work due to COVID-19. This program is supported by several University of South Australia social work placement students.



If your group would like to start a Circle or join a Circle you would be warmly welcomed. For more information <https://cofa.org.au/circles/>



News from Kimba

Recently Rev Bob sent greetings to our friends at Kimba UC.

The following is a reply from Brett Francis.

"Thanks for your interest in our church.

We are about 25 in number with 7 under 65, the balance over. Others tell us we are a fluid church with many of us with other commitments.

Our commitment is to our community, so which hat we are wearing at the time is irrelevant. We want to be a trusted group that people can talk and share with.

We are using virtual church as a lay preacher to give our musicians especially a week off around every 3 months. We create a hot spot on someone's phone and use the church computer to log on and stream the service. In most cases the worship leader introduces the service and sometimes shares some prayers after. In most cases we have used the entire service. It seems our music preferences are similar.

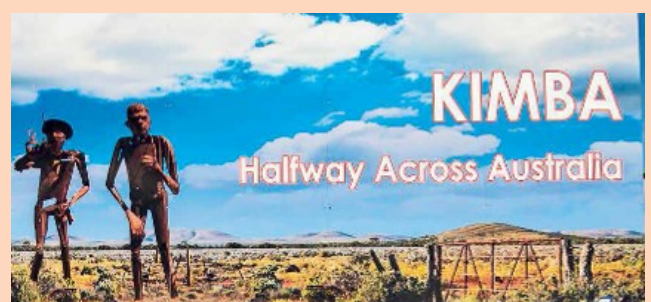
We do have a minister on 0.5 until July, and then our 3 lay preachers will pick up the load.

We have an op shop and a cropping project which are great to generate questions! The town is known for the big galah, the silo art and the free campgrounds.

Yes, Covid has forced us to look at alternatives and what a great project you have. We aim to have a service every week on Sunday at ten.

Cheers for now.

Brett



Recognition of an important outreach

From Ruth Dunning



I've been sending the link (for streamed worship) to my sister-in-law, Joy Dunning, for a while now as she has cancer and can't always get to Church.

Joy recently sent me the following email: "Thank you so much for sending me yesterday's Service. I found it a real blessing. The lady who gave the sermon was outstanding. Morialta Church is truly blessed with the number of excellent lay leaders in the congregation."

I'll add my appreciation to that! It is all so clear with even the text appearing at the bottom. Having the written screed on top of that – well I reckon I'm spoiled. So much thought is put into every aspect.

Thanks again, John and the AV and Worship Teams for all you do.

Netball Update

From Jude Johnson

The Morialta Netball Club has had an amazing Summer of netball with 15 teams making the Semi-Final out of 28 teams. Of these, 9 made it through to the Grand Final with 7 teams taking home the premiership. This was a record number of wins in our 70+ year history.



With the Winter season about to start in 2 weeks, the committee have been preparing our new shed space (for which we are very grateful) and it is looking fabulous.

Working towards our goal of player and official development, we have enlisted the support of a local coaching business to run specialised clinics for players and coaches over the next month.

*This is my wish for you:
Comfort on difficult days,
Smiles when sadness intrudes,
Rainbows to follow the clouds,
Laughter to kiss your lips,
sunsets to warm your heart,
Hugs when your spirits sag,
Beauty for your eyes to see,
Friendships to brighten your being,
Faith so that you can believe,
Confidence for when you doubt,
Courage to know yourself,
Patience to accept the truth,
Love to complete your life.*

Ralph Waldo Emerson

Community Building and Fundraising



First, a huge thank you to all who generously helped, or donated baked goods or contributed to the cost of supplies for the sausage sizzle at the recent election. We had a successful day, raising just short of \$1000 on top of the \$700 paid for use of the hall. Church Council made the decision that some of these funds would be used to support Afghan refugees, as well as those affected by the war in Ukraine and the recent flooding in Australia. When the federal election takes place, probably in May, we may have the opportunity to do it all again, if Morialta is used for polling again!

Looking ahead, we have locked in a concert from the Adelaide Male Voice Choir in October, we are also in negotiations with the Second Wind Ensemble, and Emma Knights about other concerts, we are considering an afternoon soiree with musical entertainment from local talents, accompanied by Devonshire tea and, of course, we hope to run our Mighty Magill Christmas Market again towards the end of the year.

Guess who's coming to lunch is also planned to happen again, probably in August.

All events are, of course, subject to changing Covid restrictions as they come and go.

We thank you for your support of our community building and fundraising events, and encourage you to spread the word to friends and neighbours and bring them along too.

Renewal: An Autumn Retreat with Sean Gilbert

Nunyara Conference Centre 5 Burnell Drive, Belair, SA
13 May @ 3:00 pm - 14 May @ 2:00 pm



A time for creative community, songwriters, poets, writers, visual and performing artists.

Be inspired and renewed by the Autumn season in the Adelaide Hills. Take time to be creative, reflect and be spiritually nurtured in this retreat. Immerse yourself in this opportunity, wander the gardens, walk the labyrinth, enjoy being part of a creative community. Sean Gilbert will lead us as we take time out and re-invest in our inner-lives and creative endeavours.

Rooms are adjoining rooms with 2 people sharing a bathroom. Every effort will be made to ensure your comfort. You have the option of staying at Nunyara (Residential) or sleeping at home (non-residential).

The Centre for Music, Liturgy and the Arts is a non-profit and this event is provided at minimal expense to participants. If cost is a concern please contact The Centre for Music, Liturgy and the Arts.

Cost: \$180 residential, \$120 non-residential (meals included)

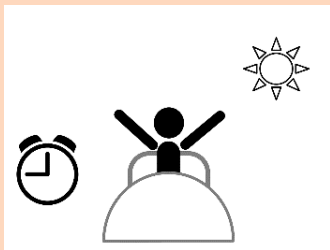
<https://www.trybooking.com/events/landing?eid=876025&>

Why do we wake around 3.00am and dwell on our fears and shortcomings?

Adapted from an article by Greg Murray, Director – Centre for Mental Health, Swinburne University of Technology published in the Conversation October 2021.

In a normal night's sleep, our neurobiology reaches a turning point around 3 or 4am.

Core body temperature starts to rise, sleep drive is reducing (because we've had a chunk of sleep), secretion of melatonin (the sleep hormone) has peaked, and levels of cortisol (a stress hormone) are increasing as the body prepares to launch us into the day.



Remarkably, all this activity happens independent of cues from the environment such as dawn light – nature decided long ago that sunrise and sunset are so important that they must be predicted (hence the circadian system).

We actually wake up many times each night, and light sleep is more common in the second half of the night. When sleep is going well for us, we are simply unaware of these awakenings. But add a bit of stress and there is a good chance that waking will become a fully self-aware state.

So if you're experiencing 3am wakings, you're definitely not alone.

Around this time in the sleep cycle, we're at our lowest ebb physically and cognitively. From nature's viewpoint, this is meant to be a time of physical and emotional recovery, so it's understandable that our internal resources are low.

But we also lack other resources in the middle of the night – all the coping skills of an adult are unavailable at this time. We are left alone in the dark with our thoughts. So, the mind is partly right when it concludes the problems it's generated are unsolvable – at 3am, most problems literally would be.

Once the sun's up, we're listening to the radio and chewing our toast, our 3am problems are put in perspective. We can't believe the solution of just ringing this person, postponing that thing, or checking such-and-such was overlooked in the wee hours.

The truth is, our mind isn't really looking for a solution at 3am. We might think we are problem solving by mentally working over issues at this hour, but this isn't really problem solving; it's worry.

Worry is identifying a problem, ruminating about the worst possible outcome and neglecting the resources we would bring to bear should the non-preferred outcome actually occur.

So, what can we do about it?

Have you noticed the 3am thoughts are very self-focused? In the quiet dark, it's easy to slide unknowingly into a state of extreme egocentricity. Circling round the concept "I", we can generate painful backwards-looking feelings like guilt or regret. Or turn our tired thoughts to the always uncertain future, generating baseless fears.



Buddhism has a strong position on this type of mental activity: *the self is a fiction, and that fiction is the source of all distress*. Many people now practise Buddhist-informed mindfulness to manage stress in the daytime; I use mindfulness to deal with 3am wakings.

I bring my attention to my senses, specifically the sound of my breath. When I notice thoughts arising, I gently bring my attention back to the sound of breathing (tip: earplugs help you hear the breath and get out of your head).

Sometimes this meditation works. Sometimes it doesn't. If I'm still caught in negative thinking after 15 or 20 minutes, I follow the advice from cognitive behavioural therapy. I get up, turn on dim light and read. This action may seem mundane, but at 3am it is powerfully compassionate, and can help draw you out of your unproductive thinking.

Waking and worrying at 3am is very understandable and very human. But not a great habit to get into. Insomnia responds well to cognitive behavioural therapy and there is a strong link between sleep and depression. It's important to speak to your doctor if you have any concerns about your sleep.

Discussion resources for creation care - Lessons from Covid-19 for the climate emergency

The video series, 'Lessons from Covid-19 for the Climate Emergency' acknowledges the global crisis of the COVID pandemic and directs our thinking to the changing climate. Each video is around 5 minutes and is by questions for group discussion. Delving into these issues can inform and empower us to become much more effective disciples of Christ in these critical times.



Part Two of the presentation addresses Biblical principles upon which to build a new approach to responsible lifestyles for Christians. The final presentation asks the question "What can we do?" and this looks at our potential responses in the Personal, Public and Political spheres.

The series was produced by Uniting Church Fellowship and Mission Support (UCFAMS) and the Synod's Environmental Action Group. Access all 7 videos at:

<https://www.youtube.com/channel/UC2KelfQhz4XY-sjDb-dcJg?app=desktop>