

Spicer

Matters



June/July 2016

From Judi



During my recent Study Leave, among other things, I attended a conference on Signs of Hope. There were inspirational stories of people who had been through difficulties and what had helped them through those difficulties. For me the most valuable insight came in one of the electives when we looked at 'keeping the glass half full'. This looked at depression and optimism, (but not in the sense of clinical depression.)

We looked at the effect of persistent bullying and how that can paralyse a person's thinking and behaviour. This was linked to learned helplessness – the belief that nothing that the victim does can alter the circumstances – so nothing will ever change.

We also looked at learned optimism. This involves focussing on positive feelings and events and how we do the work of creating meaning in our lives. It is closely linked to being connected to a community. I learned the importance of speaking of and celebrating the positive things in our lives- even if they are small.

Before this conference I was vaguely aware that depression can be contagious – in the sense that if one is associating a lot with people who are feeling down – one can feel down oneself. I was surprised to be told that optimism is even more contagious. I think we can all play a part – by recognising the good things in life – even if they are only small – speaking of them – celebrating them and giving thanks for them.

This doesn't mean that one can pull oneself out of clinical depression by thinking happy thoughts. Clinical depression was not the topic under discussion. If you feel that you may be depressed please see your health care professional.

Blessings

Judi

Baby Sitters Night



Saturday 21st May was the annual 'Baby Sitters Night' where parents of young children go out for dinner as generous members of the congregation child mind our little darlings.

We had a wonderful, relaxing night at the 'Cinnamon Club' in Norwood, sharing a delicious aromatic meal.

Thank you for the time and energy of the baby sitters who shared DVDs and games.

For your June calendar

Sun 5	Messy Church	4.30 pm
Tues 7	Playgroup	10 am
	Lunch	11.45 am
	Movie Group	TBA
Wed 8	Just COS	10 am
Sat 11	Eat Pray Care	10 am
Mon 13	Soup Making	7 pm
Tues 14	Playgroup	10 am
	Lunch	11.45 am
Thurs 16	Community Lunch	12 noon
Sun 19	Youth Group – Trampolining & Rock Climbing @ Latitude	2 pm
Mon 20	RAD	7.30 pm
Tues 21	Playgroup	10 am
	Lunch	11.45 am
Wed 22	Just COS	10 am
	Church Council	7.30 pm
Fri 24	Talents Dinner	TBA
Sat 25	Talents Dinner	TBA
Sun 26	Talents Dinner	TBA
	Not the Bible Study	4 pm
Tues 28	Playgroup	10 am
	Lunch	11.45 am

Talents Dinner

Spicer Fundraising Event

June 24th to July 3rd

(may extend beyond this date if needed)

What is it?

Combining “the parable of the talents” (Matthew 25:14–30) progressive dinner (without the progressive part), food and friends to raise money to help us fund our mission activities at Spicer.

How does it work?

We are calling on both **hosts** and **guests**.

Hosts will be preparing a meal (it can be anything they feel comfortable in preparing) and then put a price on the meal to cover their ingredients, their time, energy and skill.

So a Host's \$20 spent on ingredients for 5 people might turn into \$100 where the guests pay \$20 each for the meal.

or

A Host might go all out and would like to spend \$100 and charge \$50 a head for 8 people and thus raise \$400.

The amount a host spends and would like to charge is up to the Host.

The meal can be a lunch or dinner.

What to prepare?

As a Host you might want to put on a simple barbecue, make some curries, a traditional roast, etc, that is not important, it's whatever you are comfortable doing.

The Hosts' menus will be displayed in the hall, stating:

- The food
- The cost
- The venue, date and time
- What their guests need to bring (eg BYO drinks or anything else).

Guests

As soon as we have our Hosts, meal details, day and time, slips of paper will be available under the menu board for guests to indicate which day or evening time slot (depending on what is being advertised) they prefer, together with up to 3 menu preferences for each time slot. Remembering you might be able to support a few Host's events as it is over 2 weekends.

Guests place their slip of paper in a ballot box and guests will be matched with Hosts and where possible with Guest's first preferences for each menu/ time slot.

Guests will then be posted on the menu board the Sunday before.

Coming together to share a meal, conversation, and friendship is something people at Spicer love to do, so we really hope you can support this important fundraising event as a Host, Guest or maybe both.

If you can be a Host please email details to Helen Lloyd ASAP or email Brenton Niven (brenton@asteg.com.au) if you have any questions.

For your July calendar

Fri 1	Talents Dinner	TBA
Sat 2	Talents Dinner	TBA
Sun 3	Talents Dinner	TBA
	Messy Church	4.30 pm
Tues 5	Playgroup	10 am
	Lunch	11.45 am
	Movie Group	TBA
Sat 9	Eat Pray Care	10 am
Sun 10	Not the Bible Study	4 pm
Mon 11	Soup making	7 pm
Wed 13	Just COS	10 am
Sun 17	Youth Group Ice Skating (TBC)	TBA
Mon 18	RAD	7.30 pm
Wed 20	Church Council	7.30 pm
Thurs 21	Community Lunch	12 noon
Sun 24	Not the Bible Study	4 pm
Tues 26	Playgroup	10 am
	Lunch	11.45 am
Wed 27	Just COS	10 am



Invitation to the 'Not the Bible Study'

Do the words 'Bible Study' fill you with fear or dread?

Do you feel that your Bible knowledge isn't as good as you'd like, but you are too embarrassed to say?

Does the idea of 'sharing' your insights into Bible passages make you want to run in the opposite direction?

Many of us may have a deep faith, but perhaps we didn't have the opportunity to go to Sunday School, or just never really learnt the basics. How did the Gospels come to be written, who are the Old Testament prophets—and why do we need to know, what actually **is** the Uniting Church? Like to know?

Well then, this is the *'NOT the Bible Study'* for you!

Six one hour sessions, lecture/teaching format by Steve Roder starting on Sunday 26 June at 4 pm, fortnightly, in Mark room. You can ask questions but need not say a word. Hot soup and bread to follow, stay if you want, but don't if you can't.

Don't be embarrassed any more, come along! Then, who knows, the usual Bible Studies may not be scary for you!

For catering and seat setting up please email Pam (pam.mcewin@gmail.com) or Steve (jsr@ace.net.au), or let Helen or one of us know when you see us next.



Spicer Community Lunch

Journeys to Eleven Spiritual Places

Following an excellent lunch and birthday celebrations, Christine Shetliffe treated us to an excellent display of spiritual places in nine countries – Czechoslovakia, England, France, Germany, India, Myanmar, Russia, Spain and Turkey.

Our first visit was to the Hagia Sophia in Istanbul, Turkey, which was constructed as an Orthodox church in the Sixth Century. It has a dome which is 31 metres in diameter. This magnificent building is now a museum.

We then time travelled to Myanmar where we saw the Bagan Buddhist temple situated on a flood plain amidst several smaller temples. These temples are used for meditation.



Our next port of call was Montserrat (serrated mountain), in Spain.

This magnificent church building contains much gold ornamentation and many paintings by famous artists.

Over the English Channel to the famous Canterbury Cathedral, a very elongated structure, containing a very elaborate pulpit, and the tombs of many historic characters.

Back to Asia to visit the Jain Temple in Rajasthan.

The Jain religion is a branch of the Hindu faith which rejects material values. The temple's marble structures are most memorable. Whilst in India we also saw the Sikh Golden Temple in Amritsar. This temple is built on an island in the middle of a lake. We were most impressed by the provision of over 7000 daily lunches to visitors, thanks to the labour of an army of volunteers.

Over to St. Petersburg, Russia, to visit the Russian Orthodox Cathedral of St. Peter and St. Paul. This is built on a series of islands and contains the remains of all the Russian Tsars. It was then a comparatively short hop to visit the Church of



St. Nicholas in Prague, built in 1704. We are told that its organ was played by Mozart in 1787.

Back to Western Europe to see the obviously Catholic Basilica Notre Dame in Lyon, France. [A basilica needs to be distinguished from a cathedral, which is the seat of a bishop]. This basilica stands on a very steep hill, which proves very tiring for pedestrian tourists to reach. Then across to Dresden, Germany, to see the Lutheran Church of Our Lady. As you know, Dresden was destroyed by fire bombing in the Second World War. So was the Church, and it has been faithfully reconstructed.

Finally, we saw the Basilica of the Sagrada Familia (Sacred Family) in Barcelona, Spain, commenced in 1883, but not scheduled to be completed until 2026, the centenary of its architect's death. His name is Antoni Gaudi. It contains many facades and is now a UNESCO heritage site, as are many of the architectural works of Gaudi. Its main architectural feature is that it combines Gaudi's Gothic and curvilinear Art Nouveau styles.

Many thanks to Christine and all the helpers for an enjoyable and instructive afternoon.

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hrs: Tue–Thur 9am–3.30pm; Fri 9am–2.30pm



Deadline for next issue

Please have all articles to Anne by Sun 24 August