

PRESBYTERY PORT PHILLIP WEST

AUGUST 27TH 2020—NEWSLETTER NO.14



Spiritual Health

Rev. Jeanne Beale (Deacon)

The Exodus 3 narrative tells of an extraordinary encounter between Moses and God. God asked Moses to “remove the sandals from your feet, for the place on which you are standing is holy ground.” Moses stood in bare feet before the Lord in this place of revelation, holy ground. His soles (and I daresay his soul) open to God.

This past week I have done a fair bit of “baring my soul” to God. I know I stand before God, loved and accepted for who I am, but I also know that before God I am required to unpack my baggage and toss into the flames those things that are preventing me from being me.

I was aware of some blockage which has been hijacking my full self. Suspecting childhood sexual abuse as the usual suspect, I drew on resources from the Bethel Centre. It quickly became evident that my current malaise was not connected to those particular traumas. I was still puzzled...

The answer began with a funny line in a puppet play (which is available for your use on our Facebook page for this Sunday). The lines toyed with baring our soles and baring our souls and they prompted a whole new journey. I downloaded Brené Brown’s podcast series: *Unlocking Us*, and found myself listening to Glennon Doyle chatting to Brené about her book “*Untamed - Stop Pleasing, Start Living*”. This interview gave me the key to unlocking the source of my recent struggles.

The hard part with regard to Spiritual Health, is not only finding the key, but actually opening the door.... behind this door was my mother’s fear about others rejecting me (because of my sexuality), a fear that I accepted and carried to honour her memory (she died 38 years ago).

Investigation into where this fear came from is in part tied into my maternal grandmother; born the illegitimate child of her eldest sister, and later in life shrouded by the scandalous gossip that her son, born shortly after the death of her husband, was not his. Yes, the song “Woe is me, shame and scandal in the family” comes to mind, but it that was not the only source of my mother’s fear, in citing her reason for shame, she named God. This is the door I must unlock.

I discovered that this fear of “what others might think” has been attached to scripture and used to condemn the outcast, the different and the free spirits of this world, in such a way as to tame their existence into conformity. Glennon Doyle tells the story of a tamed leopard looking with yearning beyond the cage. So I unlock the cage of my mother’s fear, and the fear that the church has added to her family shame, and say, your fear is not mine.... I stand before God, the free spirit God created me to be. **So I invite you to unlock the cage of fear and join me and come dancing on holy ground.**

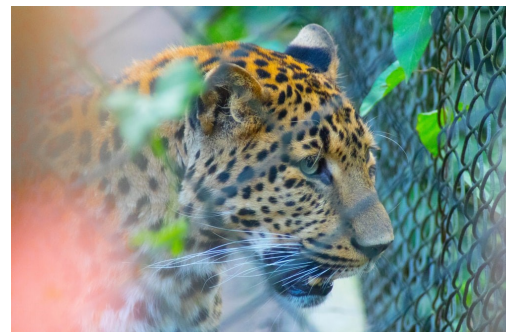


Photo courtesy of Unsplash taken by Nick R

Spiritual Health

Mental Health Matters

Rev Fiona Bottcher [Deacon]

Unfortunately I wasn't able to write the article I'd hoped to write for this edition of the newsletter, as I'm sad to say my family joined the many who have been forced to grieve the death of a loved one in lockdown. So instead, I offer you the following words from the poet Pádraig Ó Tuama, in hope that you might hear in them an invitation to discover your own rich capacity for spiritual care - both for yourself and those around you. Love and peace, Fiona.

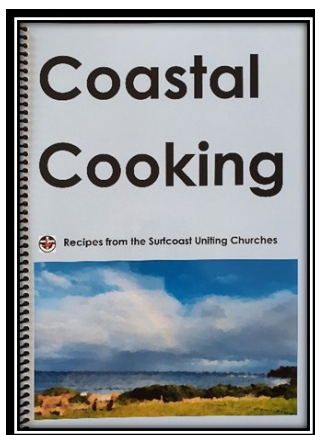
In-between the Sun and Moon

By Pádraig Ó Tuama

In-between the sun and moon,
I sit and watch
and make some room
for letting light and twilight mingle,
shaping hope
and making single glances last eternity,
a little more,
extending love beyond the doors of welcoming,
while wedding all the parted people,
even sons to violent mothers,
and searching all the others finding light
where twilight lingers,
in-between the sun and moon.



Photo from Unsplash taken by Eberhard Grossgasteiger



Coastal Cooking

Collated and created by the Surfcoast Uniting Churches, Victoria.

80 wonderful recipes from biscuits to dinners

Available in print and pdf format

Print edition: \$20 (includes postage within Australia)

PDF edition: \$10 (needs an email address)

Print & PDF combo: \$25

Email to coastalcookingandtrading@gmail.com for all orders.

Safe Church

Safe Church Training

Zoom Sessions

Sept 7th 7pm – 9pm or

Sept 11th 7pm – 9pm

All welcome—Register with

<https://www.trybooking.com/BLCSG>

Presbytery wide Trivia Night

Saturday 5th Sept

7pm – 9.30pm on Zoom.

The PPW Presbytery Ministry Team is hosting a Trivia Night—
Just for Fun!



You can register through this trybooking link <https://www.trybooking.com/BLETS>. You are invited to join as an individual and we will put you in a team or you can arrange your own team of 6 – 8 people from your congregation or family and friends. People don't have to be connected with the church to participate in this fun event. It is BYO drinks and snacks (as you will all be in your own home in lockdown!!) Children are encouraged to participate as there will be special questions that only children may know the answers. It will be to your advantage to have some children in your team. If you are thinking of organising your own team then do that first before registering as it will ask you to list the other people in your team. Yes, there will be prizes. It will be helpful for you (or a member of your team) to have downloaded the game platform called Kahoot beforehand. You can do this from google or you can play online on the night. We would love you to join us as we all need a bit of fun in our lives at the moment and you will get to meet some other people from across the Presbytery. So brush up on your trivia knowledge.

9 minutes @ 9

PPW Presbytery Ministers pledging to pray with you twice a day...

Lord, encourage us out the door to exercise, to treat our body - your temple with respect.

Lord, encourage us to rely on your wisdom, to guide us during the hard times.

Lord, comfort us in our emotional distress, that we may rely on your deep abiding hope.

Lord, help us to understand what we need, and learn to reach out for support of family and friends.

Lord, fill us with your Spirit, as we meditate on your Holy Word for strength in our daily living.

Linley Liersch

Minister's Chat

Sept 9th 4 - 6 pm

[Join Zoom Meeting](#)

<https://us02web.zoom.us/j/83687074051>

Meeting ID: 836 8707 4051

PPW Focus Worship Service

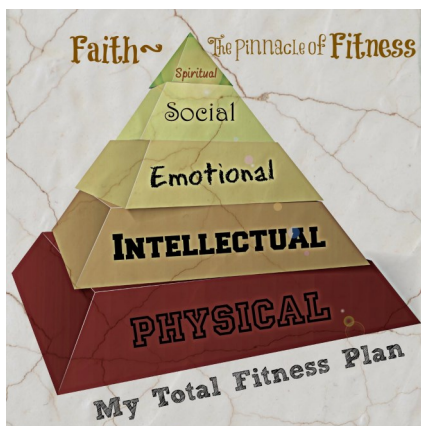
Your congregation can attend **Focus Worship Service through the Presbytery** Facebook Page in a number of ways by clicking on this link <https://www.facebook.com/groups/UCAPPW>. By going directly to the YouTube:

August 30th - Corio-Norlane
Sept 6th—Wesley

Something to Think About

By John Humphries

We are body, mind and soul, at least that is what I believe. The body is pretty easy to describe, the mind, a little less so, but what is the spirit or the soul? This is not the easiest of things to put into words and its existence is debated a lot more. Do you believe that you have a spirit or soul? I believe that there is one and it is somehow at the core of who we are.



So, assuming that we have one, or even if we don't, spirituality is still worth thinking about. We look after our physical wellbeing through exercise and eating well etc. We look after our cognitive wellbeing through exercising our brains with problems and work etc. We look after our emotional wellbeing through Positive Psychology practices etc. What is spiritual wellbeing and how might we nurture it?

I describe spiritual wellbeing as having an evolving

understanding of one's beliefs, values, spirituality and faith, which resources a sense of connectedness, meaningfulness and purpose in life. It is about developing a sense of peace within oneself and a sense of one's ability to contribute to making the world a better place.

How do we grow and nurture this? Prayer and meditation, reading the scriptures, reflection and stillness are all good practices. Taking up the 10 Positive Emotions developed by Barbara Fredrickson, which are the P in the PERMA model of wellbeing developed by Professor Martin Seligman (<https://ppc.sas.upenn.edu/learn-more/perma-theory-well-being-and-perma-workshops>), is also helpful. They include love, serenity, forgiveness, awe, joy, interest and hope – all of which are good for the soul.

I believe that **God is just a breath away (the word for spirit in Hebrew and Greek is the same for breath)**, just waiting and wanting to breathe new life and energy into us. However, all of these strategies require commitment and discipline to be truly effective. Just like any physical fitness is only maintained through regular exercise, spiritual fitness is only maintained by regular and intentional exercise. It is something to think about and put into practice. **God bless.**

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INCLUSIVE WORSHIP

ENABLING CULTURAL GIFTS

This workshop is organised in partnership with Port Philip West Presbytery to explore cultural gifts in our communities of faith to make worship more inclusive.

Holy Bible

The workshop will be offered over two days with 2 weeks apart;

- ▶ **WEDNESDAY
SEPTEMBER 2**
9.30am-1pm
- ▶ **WEDNESDAY
SEPTEMBER 16**
10 am-12.30pm

The first day will be presentations, discussions and explorations. Participants will be given tools to craft an intercultural worship for their

congregation to offer in one or both of the following Sundays.

The second day participants will bring experience and feedback from the worship they have offered to share, discuss and explore further resources. Each ministry leader is encouraged to bring one or more lay leaders from their congregation.

Due to the present pandemic, the workshop will be offered via Zoom. The program and Zoom link will be sent to participants upon registration.

DATE

SEPTEMBER 2 AND
SEPTEMBER 16

TICKETS \$25

TICKET COST INCLUDES
WORKSHOP ACCESS
FOR BOTH DAYS AND
MATERIALS

TO REGISTER

▶ [CLICK HERE](#)

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Register

TODAY



Uniting Church in Australia
SYNGD OF VICTORIA AND TASMANIA



Register ASAP