



Light in the

Hills

In Christ – growing – caring – sharing

A publication of the Anglican Parish of Mt Dandenong

October/November 2011

COMMUNITY BREAKFAST

with guest speaker

9.00am Saturday 26th November at St Michael's Hall

COMMUNITY DINNER

**6.30pm Monday, 17th October,
at the Wild Oak Restaurant, Olinda
RSVP 12th October**



**Dick and
Nancy Wallace
celebrate
50 years of
marriage**

Warm congratulations to Dick and Nancy Wallace who celebrated their 50th wedding anniversary last month with a morning tea and cutting of the cake, after morning service at St Michael's, shared with many friends.

The boy from rural Suffolk and the Australian teacher met when Dick, a theology student at Ridley College, was assigned to Sunday duties at Holy Trinity, Surrey hills, Nancy's home church. It was there that they were married.

After ordination, Dick went on to serve as vicar in a number of Melbourne parishes, each parish enriched by the stability and example of their marriage as well as by their joint dedication and giftedness in proclaiming the Good News. Their three sons were raised in vicarages – no easy task!

In retirement, Dick continues to serve, leading a weekly bible study and in part time ministry at Monbulk and from time to time in our own parish.

We give thanks that they chose to retire in Kalorama, and pray that they may be richly blessed as they move into their sixth decade of married life.

PRAYER FOR THE HILLS

The Churches of the Ridge Prayer Service 2011
focussing on safety in the Hills over the summer, and remembering those who lost their lives in recent fires, will be held at St Clare's Catholic Church on
Sunday 16th October at 3.30pm **All Welcome.**

Light in the Hills

St Michael's Cup Day Fair

TUESDAY 1ST NOVEMBER

A great range of plants, trash & treasure, cakes, jams, second hand books, clothes, craft, refreshments and children's activities

A Fun Day for All!



Donations of goods, and food items for the Gourmet Food Hamper, still needed. Contact Joy Spencer 9728 1106
Bring cakes and jams on the day.
For pick up of trash and treasure items, ring David Spencer 9728 1106

Boiled fruit cake bake-in for the Fair:

Saturday 15th & Saturday 22nd October,

HERE & THERE

with Carolyn Clark



- It is always a joy to welcome new babies into the world and the latest arrivals, twin boys, Sascha and Jenson will keep Mum and Dad, Helen and Christen Barras busy and on their toes in the days ahead. Melissa and Mark Schmidt are proud parents again following the birth of daughter Ophelia Faith, sister for Jamieson and Charlotte. Our congratulations and best wishes to both families.

- We are all enjoying the new look St. Michael's Hall and look forward to many happy Parish events there. As Ian Hartley was so involved with the transformation of the hall it was fitting that one of the first events held there was to celebrate Heather's "0" Birthday, Congratulations Heather. The new larger oven was certainly a bonus when we held the Parish Dinner recently as was the extra space in the kitchen area allowing the evening to run more easily than in the past. Close to 50 gathered to share the Parish Dinner and all enjoyed good fellowship, good food and a very interesting and informative talk by Michael Collie from the Society for Promoting Christian Knowledge Australia (SPCKA). Michael spoke of his time in Argentina with SPCKA and the evolution of a series of books for teenagers, each one directed to a particular area of life and full of guidance and advice.

- Sadly we all lost a dear friend in Helen Dixon recently, a friend to so many in our churches and community. As someone said to me they wished they had been longer in the Parish to have known Helen for a longer period of time. She was involved in all facets of Parish life and will be greatly missed, one of the great contributors to the traditions of St. Michael's and St. Matthew's over so many years.

Thank you for your continuing support of the three children the parish supports through World Vision. Recently we received a report on Yothilakshmi in Sri Lanka who is now 16. She describes herself as talkative, her favourite colour is orange, she likes cats, her hobby is listening to the radio, and she enjoys concerts and sport. She helps her mother, thinks of us and has an ambition to be a doctor. Tim Costello of W.V. has recently visited East Africa to monitor the affects of the current drought on W.V. sponsored children, and has let us know that our Meles Teka in Ethiopia is not significantly affected at this stage. Sponsorship programs are continuing as normal however W.V. is supplying extra food, water and sanitation to some areas struggling due to the severe drought.

- When visiting Salisbury Cathedral whilst holidaying in Britain recently, I was amused to see the ladies arranging the flowers perched on a ladder and wondered how our ladies would feel about having to do the same (I was given permission to take the photograph!)



No one listens to me!

The first service that one owes to others is I to listen to them. Just as love of God begins with listening to his word, so the beginning of love for the brother is learning to listen to him. It is God's love for us that he not only gives us his word, but also lends us his ear. It is his work we are doing when we listen to our brother. Many Christians forget that listening can be a greater service than speaking.

Many people are looking for an ear that will listen. They do not find it among Christians who talk when they should be listening. But he who can no longer listen to his brother will soon be no longer listening to God either. This is the beginning of the death of the spiritual life — in the end nothing is left but spiritual chatter and condescension arrayed in pious words.

There is a kind of listening with half an ear that presumes to know what the other person has to say. It is an impatient inattentive listening that is only waiting for a chance to speak and thus get rid of the other person. This is no fulfillment of our obligation, and it is certain that here too our attitude toward our brother only reflects our relationship with God.

Let us remember that the ministry of listening has been committed to us by Him who is Himself the great Listener, and whose work we share. We should listen with the ears of God — that we may speak the word of God.

D. Bonhoeffer

From the Vicar

Over the past few weeks I have spoken at a number of church events outside the parish, on the relationship between the church and community. As part of this I have thought much about how to explain in simple terms, how the church relates to those outside it.



I believe the church needs to have a three-fold focus. We need to be welcoming, Invitational and Missional.

A welcoming church, is what we all hope our church is. Such a church greets newcomers warmly and makes them feel comfortable. More than this people genuinely show interest and offer friendship. A welcoming church is not just a friendly church but a place where someone new can find friends. However if we are just a welcoming church, all we are doing is waiting around for someone to drop in.

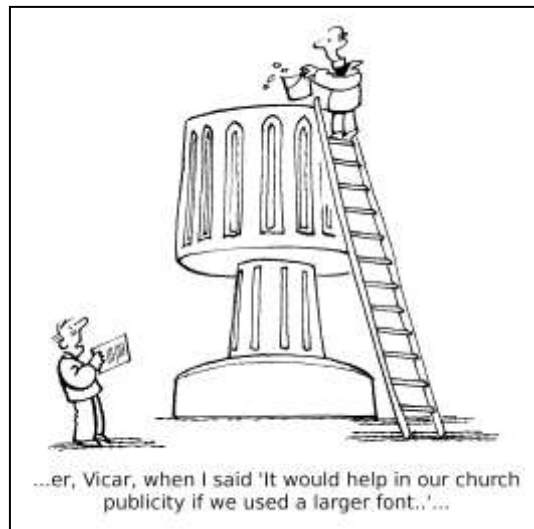
We need also to be an Invitational church. An invitational church is one where its members are confident to ask friends to come along to church events. When we run outreach events, their success depends on our ability to invite friends to these events. People who belong to an invitational church understand the importance of develop genuine friendships with outside people in order to earn the right to invite them to church. Imagine however, how bad it is for an invitational church not to be a welcoming church.

A missional church, is a church which seeks to make an impact in its local community. A missional church looks at the needs of its local environment and seeks to find ways in which church people can meet those needs. Often a missional church runs Op Shops, playgroups, Community meals programs, kids clubs. These types of events are all healthy for the church but if that church is not welcoming or invitational then there will be very little impact of people coming to know Jesus through these missional activities.

A really healthy church has all three elements working side-by-side – Welcoming/Invitational/Missional. It is clear that the Anglican Parish of Mount Dandenong has all three of these elements. To remain healthy we need to constantly refresh and examine how we can grow in all three of these directions and to recognise where we are weak and how we can improve.

Stephen

Children don't grow in status and importance in the eyes of God as they grow up. Being an adult doesn't make us more able to please God, or even better able to serve God. Children are precious to God just because they are children



Telling the Sacred Stories

To tell the sacred stories of our common faith and to hear them told is a very different experience from reading them or hearing them read. Those who gather to listen - listen differently. They engage with the teller, in their full humanity, as the story is 'embodied' not just voiced

When stories are remembered in order to tell them, it is as if we have said to those listening, "These stories live in us, not just in the pages of the book. They inform our lives, these stories live in us. It is we who live them out, and who live out of them." Children become tellers of the tale of salvation naturally from this process. As we learn the stories to tell and they see us embody them, they in turn become the holders of the stories.

The story of Rachel and Jessica ...

The reading from the Old Testament for that Sunday was from the final moments of the story of Joseph and his brothers. It is the moment of forgiveness and the invitation to move to Egypt where there is plenty. I was asked to retell the story in order to set the scene and help the children to better hear and understand the reading.

This I did with pleasure. It is a wonderful story. Told simply and without embellishments it still stands on its own merits as one of the great stories of crime, punishment and forgiveness. Everyone listened in rapt silence. I told the end and then we heard it read.

Rachel who is 7 years old, and Jessica her 5-year-old sister, took the story home with them. Over dinner they recounted it to their father, with remarkable clarity and attention to the emotions of the characters. It was all there; they had re-member-ed; that is to say, they had taken it into themselves and offered it to someone else as a gift, within hours of hearing it

Jeanette Acland

Stress and Burn-out in Parish Ministry

For every leader serving as the minister of a Christian congregation in Australia today, there is one who has left prematurely, claims *John Mark Ministries*. Stress from the demands of day to day ministry can considerably damage not only the pastoral role of parish clergy, but also their health and even their ability to carry on.

Occasional stress keeps us on our toes and enhances our ability to perform, but when there is no opportunity to recover and replenish ourselves, chronic, unrelenting stress leads to overload and burn-out. Burn-out is commonly defined as a combination of three symptoms:

- Emotional exhaustion – ‘I just can’t give any more!’
- Increasing depersonalisation – ‘Ministry would be great if it weren’t for parishioners!’
- Low personal accomplishment – ‘I’m not having any real impact anyway!’

SO WHY ARE CHURCH LEADERS PARTICULARLY SUSCEPTIBLE TO BURN-OUT?

Clearly stress is a factor in all the helping professions, but there are variables associated with parish pastoral leadership that uniquely compound stress:

Workload: The job is never done, the needs are constant and churches are always seeking to minister to more with less.

Time Demands: The unpredictable nature of being on call all day, every day, exacerbates the pressure on the pastor’s time.

Poor Work–Home Boundaries: Unlike many professionals, clergy and their families operate in a unique community context, with ambiguous separation between their professional and private lives.

High Expectations: Pastors often tolerate and even collaborate with expectations that they are capable of doing anything, and should be perfect in all aspects of life and worship.

Deficient Social Support: Clergy spend the bulk of their relational energy engaging intensely with others, but without reciprocal sharing and support. A deficient level of social support can be a contributing factor to marital maladjustment, depression, loneliness, inappropriate relationships, as well as burn-out.

Financial Demands: Working long hours for comparatively low pay, is stressful for clergy and their families. Guilt for being concerned about such ‘materialistic’ matters, adds to the stress.

The Complexity and Scope of the Role: The professional demands are incredibly varied – public speaking, individual counselling, team leadership, budgeting, project management, as well as being a scholar, an effective evangelist on the cutting edge of cultural relevance and

concerned for the righting of social injustice. No wonder even the most gifted and conscientious are left feeling inadequate!

The symptoms of stress and burn-out are important signals. We need to recognize them, and act sooner rather than later.

SO HOW CAN A CONGREGATION SUPPORT THOSE IN LEADERSHIP?

Here are four ideas:

- Encourage them to take a *full* day off each week to restore their energy and refresh their soul.
- Keep them accountable for taking their full holiday entitlements and try and schedule some of this holiday time to help recovery after a particularly stressful time like Christmas.
- Help recruit other members of the congregation to fill necessary roles.
- With your pastor’s approval and guidance, aid in the establishment of appropriate structures that focus on planning and direction for the next few years. Leader burn-out is lower where there is a clear sense of direction to which members of the congregation are committed, where goals are achievable and regularly evaluated, and community prayer is a significant part of the decision making process. A group of people who know where they are heading, can more easily ride through the knocks that come on the journey than those who are unsure.



SIX TIPS FOR THOSE IN LEADERSHIP MINISTRY

- Do something about it. Don’t succumb to a feeling of helplessness. Talk to a spiritual director, mentor or wise friend.
- Be interdependent with God. Paul says, ‘For this I toil, struggling with all *his* energy that he powerfully works within me.’ (Col 1:29). Those who collaborate with God in their struggles, rather than working at it alone, have much better health outcomes.
- Change abstract expectations to concrete expectations. Develop a series of short term goals that move towards the cherished ideal.
- Take regular breaks and learn to detach from work. Try to make this happen daily. Find places that can be genuine havens of rest that are positive and rewarding.
- Exercise and eat well. Make sure you get eight hours’ sleep a night.

- Know yourself. Know your strengths and weaknesses and what God has called you to do, so that you know when to say 'No', when to use your own skills and when to get help from others.

As members of church congregations, we need to love and support those God has called as our leaders. As paid church leaders, we need to take responsibility for finding sustainable rhythms of work and life that allow the natural stress and recovery process to function.

(with acknowledgement to Grant Bickerton, Campus for Christ Australia)

My Healing

This story is just one small part of my healing. At the time it all seemed just so natural and logical, and it still does!

As a child I used to wear out one shoe much faster than the other. My aunt, who ran a shoe store, would arrange for one of my shoes to be built up. It was quite plain that one leg was longer than the other, and I wasn't much good at sport.

I remember one day when I was in grade six, I had put on football boots with slippery stops in the soles and was getting ready to go out and play kick to kick with a football. But alas – ouch! I slipped on the concrete floor and whacked my lower back so hard that it took me two or three minutes to get up again. No one came to my aid, and I'm sure that accident did nothing to improve my condition

Some years later, when I was 19, I became a firm, even a feisty believer in our Lord — Billy Graham and all that. About a year later I happened to hear about the ministry of the Rev. John Blacker, a Methodist minister who was very much part of the renewal movement sweeping Melbourne churches at that time. I rang John Blacker from the office where I worked, and asked if he would pray for my physical healing. I went on to say that there was no need for me to meet with him, but I just wanted him to pray and ask the Lord "to do a job on me"

That wasn't good enough for John. "No go", said John – If he was to pray for me, he needed to meet and minister to me in person. So out to Moonie Ponds by tram I journeyed to meet up with John Blacker. John told me to sit down, and he took hold of my heels, examining my legs.

"Yes", John pronounced, one leg was definitely longer than the other. "So let's pray to Jesus", he said, which we did. There was no accompanying music, no singing; we just told the Lord we wanted healing. I felt a strange warming of my backside, as if a hot water bag had been put down the back of my trousers. Then John said, "Well that's fixed that!" And I thought "Well yes, of course, this is all quite logical because as God created, so he can re-create."

Thanks you Lord Jesus, that your love and your power are just immeasurable!

Phil Heading

On the Lighter Side

- Knowledge is knowing a tomato is a fruit. Wisdom is knowing not to put it in the fruit salad.
- Evening News is where they begin with, 'Good Evening.' And then proceed to tell you why it isn't.
- You do not need a parachute to skydive. You only need a parachute to skydive twice.
- Change is inevitable, except from a vending machine.
- Going to church doesn't make you a Christian, any more than standing in a garage makes you a car.
- An elderly lady was well-known for her faith and for her boldness in talking about it. For instance, she would stand on her front porch and shout, "PRAISE THE LORD!" Next door to her lived an atheist who would get so angry at her proclamations he would shout, "There is no Lord!!" Hard times set in on the elderly lady, and she prayed for God to send her some assistance. She stood on her porch and shouted, "PRAISE THE LORD. GOD, I NEED FOOD!! I AM HAVING A HARD TIME. PLEASE LORD, SEND ME SOME GROCERIES!!" The next morning the lady went out on her porch and noted a large bag of groceries and shouted, "PRAISE THE LORD!" The neighbour jumped from behind a bush and said, "Aha! I told you there is no Lord. I bought those groceries, God didn't." The lady started jumping up and down and clapping her hands and said, "PRAISE THE LORD!! He not only sent me groceries, but he made the devil pay for them!"
- It is only possible to live happily ever after, on a daily basis.
- The important things in life aren't things

The Rev. Geoff Simondson celebrated his 90th birthday this month. His many friends in the Parish of Mt Dandenong congratulate him, giving thanks for his ministry and friendship over the years. We pray that he may be richly blessed as he moves into his tenth decade! ,



Helen Olga Dixon

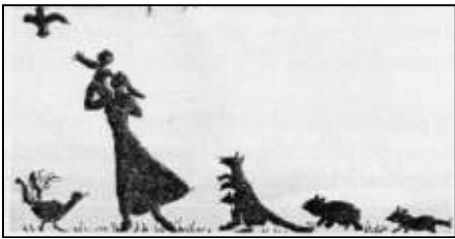
29/11/1927 – 6/09/2011

A talented and much loved member of the Parish, Helen passed peacefully to her reward on 6th September, surrounded by her family. She will be greatly missed.

Helen grew up in Brighton, where her schoolteacher parents made their home, and where her father, William, was an elder at St Cuthbert's Presbyterian Kirk. From an early age she showed a love for music and later for languages, going on to study at Melbourne University and Teachers' College. While at Uni she became a member of the Student Christian Movement, where many friendships began. During holidays, Helen went fruit picking at Wandin. This involved living in on berry farms with other Uni students. Each summer, almost to the end of her life, her connections with those orchardists at Silvan and Wandin were renewed when she went there to buy bulk fruit for bottling.

Helen began her teaching career at Bacchus Marsh High, teaching French and drawing.

One special friendship made through SCM, was with a blue-eyed law student, Henry Dixon. They rapidly fell in love and were married at St Cuthbert's in January, 1952, moving then into what had been Helen's family holiday



home at Mt Dandenong. Here they made their home, raised their family of eight children

and remained for the rest of Helen's life. Next January they would have been married for 60 years.

Helen delighted and excelled in the skills of home making and hospitality, using her creative talents in cooking, sewing, sketching, producing school plays and arranging children's parties. Henry and Helen were instrumental in setting up the first kindergarten at Mt Dandenong and Helen was president of the Mt Dandenong Primary School Mothers' Club for almost 20 years. She loved plants and gardens and the Mt Dandenong Horticultural society was another great interest. As well as the piano and organ, she was a keen player of the piano accordion -- and the bagpipes!

The diversity and richness of all these activities she used as an expression of her faith. In the 50s and 60s she founded and ran St Michael's Sunday School, and later taught CRE at both Mt Dandenong and Olinda Primary schools. She made a tremendous contribution in this

area, teaching CRE for over 33 years and bringing her unique creative gifts to the task. For many years she played the organ at St Michael's and St Matthew's.

Her own deep faith was nurtured and expressed through parish life and she took a keen and

supportive interest in all its activities, whether it was a casserole for a parish lunch, plants for a stall at the fete or an article for the parish paper. Her warm friendship supported and enriched the lives of many of us.

In later years she herself struggled with depression, yet despite this, she held firmly to the view that even 'in the valley of death' she would not be separated from God.

A large crowd of family and friends assembled at St Michael's on Sunday September 18th for a service of Thanksgiving for her life. The address was given by the vicar, Archdeacon Stephen May, the prayers were led by the Rev. Douglas Wilson and each of her children, Chris, Mary, John, Elizabeth, Catherine, Heidi, Owen and Helen took part in the eulogy. After the service, the ashes were interred in the Memorial Gaarden.

Our sympathy and prayers are with Henry as he takes up life on his own.

The words of the final hymn at the thanksgiving service, loved by Helen, express much of her own life:

'We are pilgrims on a journey and companions on the road. We are here to help each other walk the mile and bear the load.' 'I will hold the Christ light for you in the night time of your fear. I will hold my hand out to you, speak the peace you long to hear.'



Light in the Hills



Trusting

You'll find the story of Peter walking on the water in Matthew 14:22-33. Read the story and then find all the words from the story in the wordsearch.



T	A	O	B	T	R	D	E	K	L	A	W
B	E	S	T	W	J	I	V	N	T	U	E
U	L	O	I	R	E	D	A	W	I	T	D
O	H	N	A	L	S	L	S	Y	O	E	U
D	D	R	H	E	U	A	R	T	P	A	N
D	N	L	D	I	S	C	I	P	L	E	S
E	A	A	N	N	O	T	I	O	N	V	Y
O	H	U	R	G	O	H	W	N	U	E	N
D	E	R	H	S	S	T	A	S	I	N	K
N	D	O	I	R	N	G	P	R	O	I	U
E	S	R	O	B	S	C	W	H	A	N	P
T	T	W	E	R	T	U	A	R	E	G	E
W	E	T	V	E	R	S	V	E	F	T	V
R	F	S	E	M	E	R	E	T	E	P	M
S	O	R	O	R	Y	V	S	E	R	S	E

Try to imagine what it would be like to be Peter.

How do you think you would feel? _____

Would you trust Jesus as much as Peter did? _____

Who do you trust most? _____

Who do you think trusts you most? _____

What does it mean to trust in God? _____

THE ANGLICAN PARISH OF MT DANDENONG, Diocese of Melbourne

St Michael & All Angels', Mt Dandenong Tourist Rd., Kalorama

Sundays: 8.00am Holy Communion
11.00am : 1st Sunday of the month – Morning Service
2nd, 3rd, 4th & 5th – Holy Communion

St Matthew's, Monash Ave., Olinda

Sundays: 9.30am : 1st Sunday of the month – Morning Service & Sunday School
2nd, 3rd, 4th, & 5th Sundays – Holy Communion & Sunday school
Tuesdays: 5.30pm – 6.00pm Prayer for the Hills
Wednesdays: 10.00am Holy Communion

Vicar: Archdeacon Stephen May, BSc, Dip Ed, Bth. DipMin.
Vicarage: Tel 9728 6353 Mobile 0407468251 E-mail : sj_may3@bigpond.com
Postal Address: PO Box 148, Kalorama 3766

www.lightinthehills.com

Children are welcome at all services



You will be warmly welcomed at any of the following:

TABLE TENNIS in St Michael's Hall, 8.00pm Mondays

MARMADUKES - Playgroup for pre-school children, friendship for mums — at St Matthew's Hall 10.00am Tuesdays

CRAZY WHIST at St Matthew's Hall – 1.00pm Wednesdays

BIBLE STUDY HOME GROUP led by Dick Wallace –7.45pm Thursdays, 1/1502 Mt Dandenong Tourist Rd, Olinda

WOMEN'S BIBLE STUDY — Wednesdays 2.00pm – 4.00pm at St Michael's, led by Valerie Barras



SUNDAY SCHOOL – St Matthew's, 9.30am Sundays

Supervisor: Mrs Yo Heading Tel 9751 1639

Children are welcome at all services

Light in the Hills – Contributions welcome

Editor: Esma Job E-mail: dragon1@southernphone.com.au Tel: 9751 0412

Observations....

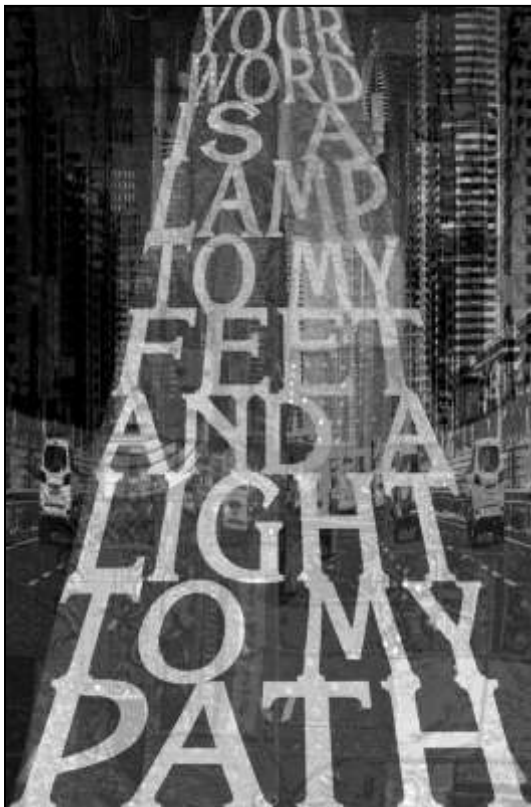
Can an atheist get insurance against acts of God?

When a clock is hungry it goes back four seconds.

When she saw her first strands of gray hair, she thought she'd dye.

Bakers trade bread recipes on a knead to know basis.

No matter how much you push the envelope, it'll still be stationery.



Light in the Hills