

*Christ Church seeks to be a centre for the worship of Almighty God, providing strength and assistance for all who enter, and enabling God's love in Christ to reach out to the community and world in which we live*

The Vicar

WRITES

Dear friends in Christ,  
It is a great joy and privilege to be with you and be able to live through another Advent wherein we prepare our hearts for the coming of the Lord. We prepare our hearts by always remembering the Lord and never forgetting Him, by spending time alone with the Lord, and by attending regular worship to remain enthused in our devotional lives. It is the Lord alone who can make our hearts simple and pure like the humble stable in Bethlehem, where the Lord advented more than 2000 years ago. If we journey close to the Lord in Advent we may have the best chance to rejoice in Spirit at Christmas, and celebrate the infinite gift of God that Christmas represents - the gift of God's Self.

Christmas is a holy time and God's blessing goes out to all but is especially appreciated by those who have responded to God and seek to live in His love. For those who seek God in their daily lives yearn to see others experience the same joy they do in loving God. God is the source of all joy and love; God is infinite love and joy, everything we seek in life exists in God. As Christians we really celebrate the birth of Christ every day, as so much of our purpose in life is shaped by the grace that has come to us in the birth of our Saviour. When we come to the Eucharist we celebrate the birth, life, death and resurrection of Jesus Christ. He is

the centre of our lives and the one whom we serve.

As a child I loved Christmas. I remember the feeling of great security in knowing that God had come to us to guide us and deliver us from all sufferings that go with being in the temporary material world. By His grace Christ takes us by the hand and leads us safely to eternal life, the life that never ends.



The birth of the most kind deliverer is what we celebrate at Christmas, the Advent of He who has come from the heavenly world to share in our common life that we might share in His infinite life. We are all destined to become pillars of immortality in the temple of God's eternal existence.

By God's grace we may play our part well in this drama of life. We are fortunate to have like minded people of faith to journey with, a community of people who have accepted themselves as children of God and seek to do God's will. Think back on what we have done since last Christmas. Have we come closer to God in our lives? Have our lives reflected the love of God in our dealings with others?

(Continued on page 3)

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MERRY CHRISTMAS

*We at Christ Church acknowledge Aboriginal and Torres Strait Islander peoples, and in particular the Wathaurong people, as the traditional owners and custodians of the land on which Christ Church and its buildings now stand; and we acknowledge our gratitude that we share this land today, our sorrow for the costs of that sharing, and our hope that we can move to a place of justice and partnership together.*



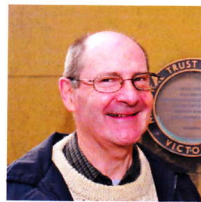


## Who are our Council Members?

The 2016-17 Parish Council (as elected/nominated at the 2016 Parish AGM) in November 2016 is -



**Col Hastings**  
Vicar's Warden



**Don Patterson**  
Warden



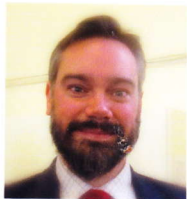
**Peter Dohnt**  
Warden



**Evelyn Twaddell**  
(Council Secretary)



**Prue Fidge**



**Philip Jones**



**Kelli Lavelle**



**Pat Peacock**



**Mandy Tannouri**



**Sue Wong**

## Celebrations and festivals...

## ... and some diary dates & reminders...

Christmas 2016 - see next page for service details!

Sunday 11th December - final Parish Brekkie for 2016, following the 8am service

From Christmas Day until Sunday 5th February 2017 there will be NO 5.15pm Sunday services

.... And some 2017 dates to note.....

Sunday 5th February - Start Up Sunday!

Sunday February 19th - Darwin Defenders' Service

March 1st - Ash Wednesday

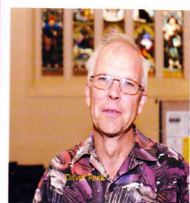
Sunday March 5th - Lent 1

\*\* Watch the Parish Press for more details of Parish events - but mark your diaries now!



**Retirements from Parish Council** - there were several Council members who retired during the year, or did not seek re-nomination for 2016-17, including Mary Lewis, Joy Baxter, and David Osborne - and we thank them for their contribution to the Council and to the Life of the Parish.

However, there were two very significant retirements from Council, both made necessary by new Diocesan rulings that require a Council member to serve no more than 7 years before taking a break of at least one year. For Christ Church, this



meant the retirement of **David Peek** after some 25 years as Council member, Warden and Treasurer, and of **Jan McGowan** after over 8 years as Member of Council. Fr Russell has acknowledged the enormous contributions of both David and Jan to the Council and to spiritual and everyday life of the parish, often in ways that are 'behind the scenes' and perhaps largely unnoticed, but nonetheless essential - and there is nothing that needs to be added except a very sincere and deep "thank you" from everyone involved in the Life of this Parish.





(Continued from page 1)

Advent offers us the opportunity to again refine and increase our devotion, to prepare the way of the Lord into our hearts and lives. Our study groups and worship give each of us the opportunity to be encouraged and strengthened in our faith.

I pray that we all have a fruitful Advent and a happy Christmas. May the Lord protect us and our families through the festival season and above all may we grow in the Lord's love and so become better instruments of God's peace.

The Lord be with you *Fr Russell*

### Christmas Prayer

Father, Thank you for creating us and for loving us so much that you sent Jesus to become one of us and to be our way to you. This Christmas may we know the love, peace, comfort and joy that only you can give, no matter what our circumstances. And may we reflect your light and love in this dark world to bring glory to you. In Jesus' name. Amen.

### Christ Church Parish Office

Ph 5221 8055

Email [chchurch@ncable.net.au](mailto:chchurch@ncable.net.au)

[www.christchurchgeelong.com.au](http://www.christchurchgeelong.com.au)

The Parish Office is open on **Thursday** mornings from 9-12 noon.



### THE 5c APPEAL !!

Keep saving those annoying 5c pieces! The Parish is continuing to collect them - and this is now part of our **Advent Appeal**. Bring your 5c collections along to church - there's a collection tin at the main entry to the Church.



### Morning tea!!

After the 9.30am Sunday Service there is morning tea in the North

Transept Coffee area...

Come and catch up with your fellow parishioners!



## CHRISTMAS 2016

Sunday 18th

December at 7pm

Service of Nine Lessons and Carols



Christmas Eve -

24th December - 7pm Families and Children's Service

10.30 pm Midnight Mass

Christmas Day....

Sunday 25th December

8am & 9.30 am Eucharist

### Regular Services at Christ Church

**Eucharist - Sundays** at 8am, 9.30 am (sung) & 5.15pm (Family Mass)

and during the week— **Eucharist** on **Wednesdays at 8am & 10am.**

**Meditation** every Tuesday from 7-8 pm (in the Side Chapel)

**Morning Prayer** - Tuesday and Thursday mornings at 8.30am

**Healing Services** - 2nd & 4th Wednesday of each month, at 7.30pm

**Children's & Families Service (CAFS)** - first Sunday of each month, commencing at 9.30am (in the Parish Hall), **NOTE** - these CAFS services are **NOT** held in January each year.





*Have you heard.....????*

### CONGRATULATIONS!



**Phyllis Gebbie** (pictured left) turned 102 on 18th October 2016, and **Margaret Tembo** (pictured right) celebrated her 70th birthday with a get together at Christ Church on



29th October

... many Parishioners will remember with affection **the Revd Ron Cross**, for many years Chaplain at Geelong Hospital, and an Assistant Priest at Christ Church. Revd Ron died peacefully at Ocean Grove on 13 Nov 2016, and was buried from St James Point Lonsdale on 17th November.



## MISSIONS TO SEAFARERS – HOW, WHEN, WHERE, & WHY?

One of the most important pastoral activities of the Anglican Church is Mission to Seafarers. It surpasses most other forms of outreach; given there are no boundaries to crew members, classes, colours or creeds. Some 85% of all Australia's trade arrives and departs by sea. Bringing goods to Australia and exporting minerals, the wealth and prosperity of our nation is tied to the oceans. Many of ships' crews are at sea, away from home, for between six to nine months each year. The ship is their floating home, the crew their brethren. They have little contact with people from the countries visited, and this is where

the Mission to Seafarers interacts between ship and shore.

The history of this organization commenced with one man., who was on vacation in Clevedon Somerset (United Kingdom) during 1835. While on the Bristol Channel, the Revd. Doctor John Ashley, became very much aware of the plight of sailors. He became acutely aware of the dangers of their profession, together with the loneliness away from loved ones. He dedicated the next 15 years of his life to sailors and those who went down to the sea in ships, although by 1857 he was forced to relinquish his Chaplaincy due to his health.

From this humble beginning the genesis of what today is the present mission grew strong, with branches formed in many parts of the world. This development included Stella Maris through the Roman Catholic Church, and other denominations which now form the Uniting Church. The Victorian Mission was formed as far back as 1857. It began its work using an ex prison hulk *Emily* which was anchored in Hobson's Bay at Williamstown. A need to establish a shore-based facility arose, and as a result a land-based mission was formed, and still exists, on the River Yarra at North Wharf opposite "Jeff's Shed". Today in Victoria there are four Anglican Missions, in Melbourne, Geelong, Portland and a tripartite unique mission made up of Anglican, Roman Catholic and Uniting Churches branch at the Port of Hastings on Western Port. I thoroughly enjoyed my time there as Lay Pastor visiting ships, and working with the crews, often in most personal ways.

Do you know that most sailors who use these centres are not Christian by religion, but rely on the Mission to Seafarers in so many ways? More information how it works in the next Chronicle if there is interest!

(Bill Barbour)

.... from the Parish Registers & across our worship community –  
September to December 2016

### Baptisms

18th September 2016 - Larni Gray RUSSELL  
(Parents Natalie and Logan)



26th November - Nina Novakovic  
& Grant Forster

### Funerals and deaths from within the Parish

**Mena HATTON** - died 22nd September; her Funeral was at Christ Church 3rd October  
**John BUSHBY** (Husband of Norma) - John (pictured at right) died on 2nd October and his funeral was at Christ Church on 7th October 2016







## THE LOVER BEHIND ALL LOVE

Everybody seeks love through human relationships; this is the most natural yearning of the heart but the heart only truly becomes satisfied when we see God, the lover behind all of our human love. God is the source of everything including all kinds of loving relationships. Parental love, fraternal love, the love between a master and servant and conjugal love, all have their origin in God. When we deepen our understanding of God a little we may see that to love God is to be in love with love itself. It is God alone who is the love behind all lovers.

God is the One Cosmic Lover, the One Fragrance that permeates all the variegated blossoms of love in the garden of life. When we are aware that God is the very life within us we can come to see that God, though not dependent on us or anyone, nevertheless enjoys love through us and through the love of the saints who live forever in the intimate company of the Lord. Therefore in loving anyone we are also loving the Lord who is present in all hearts. When God becomes of primary importance in our heart and life then we see the Lord first, and we love that divine presence in our loved ones as well as loving the individual who is a child of God and is beloved of God. Everyone is dear to the Lord and so a person with a strong sense of love for God will feel affection for everyone as though they are family.

Through the love of fathers God drinks from the reverential love of a child's heart; through mothers the Lord drinks from the unconditional love of a child; and the Lord is also the source of a child's unconditional love and of the unconditional love of mothers. In similar ways God enjoys being the source of love in friends, grandparents and lovers everywhere. God is the infinite reservoir of love from which all thirsty souls drink. It is the love of God which plays hide and seek in all human hearts. A sincere search for the invisible lover will lead us to discover, worship and adore the Lord, whose love dances from one heart to another.

The love of God is truly infallible, for the Lord loved us even before we are born and will continue to love us forever after we leave this temporary world for the Lord's heavenly abode. Out of love the Lord gives us life and sustains us even now. God's love is beautiful and endlessly enjoyable, it is the real love for which we yearn - the love that never dies. Our love will grow beyond all limits when we learn to see the Lord as the lover behind all lovers, when we see the Lord equally present in all, when we learn to see the Lord in all, through all, as all and above all.

Fr Russell

## Situations Vacant



here's some volunteer opportunities....

- **Church sitting** - weekdays 12-2pm
- **Sides persons and welcomers** for all services
- **Readers/Intercessors** (Lessons & Intercessions)
- Assisting with **flower arranging** in Church
- help with **maintenance** (.
- collating the weekly **Parish Press**
- **Helping with the Community Meals Program** (breakfast/evening meals)

**..talk to the Parish Clergy or a Council member if any of the above interest you...**

## BREKKY @ CHRIST CHURCH



(from Jenny & Les Harrison, & Laurie Christian)

\*\* Parish breakfasts continue monthly, with cereals and toast, fruit, coffee and tea - It's a great chance to get together and enjoy breakfast - come after the 8am or before the 9.30am service !!

**\*\* last 2016 date - 11th December!**

In most months brekky is on the **3rd Sunday**, but watch the Parish Press for details of dates!



## Parking at Christ Church

Most parking spots in the Church grounds are leased out during the week....

...so although there will **usually** be a **small** number of spaces available for parishioners coming to Parish activities on weekdays, the spaces will be limited, and please display -

**a recent 2015/16 Parish Press or Chronicle**

## Helping with our flowers

If you would like to help with the flowers why not think about -

- joining the Flower Guild roster;
- Offering flowers from your garden for the Church;
- making a donation to purchase flowers for a special occasion, or for some other remembrance. of a family member or other loved one....



**..speak to Jan McGowan if you would like more details!**





## Finding Kindness and Gratitude at Christmas

As we approach the busiest time of the year for many of us, from December to January, it can be hard to see the wood for the (Christmas!?) trees.

It can often be difficult enough to get through to Christmas, never mind allowing the spirit of the season to be enjoyed. How can we incorporate kindness and gratitude into Christmas? Neuroscience increasingly demonstrates that allowing for the moment that the importance of enriched environments for both physical and mental well being. Part of an enriched environment can be practicing our ability to be kind to others and to allow others to give to us and to notice the many blessings in our everyday lives.

How can we make this a meaningful part of the Christmas season, and can we dare to let this go beyond the festive season and into the New Year?

The first place for us to start may be with meditation – allocating a small amount of time frequently is better than longer but more infrequent practices. Taking time to be mindful (being aware and in the present), can be simple to implement and can also provide an opportunity for us to be grateful – this can include being grateful for the presence of others in our lives, sending good wishes to those we know are struggling, and simply allowing ourselves time to restore ourselves, so we can be kind to both ourselves and others.

Remembering five things to be thankful for each day is a good way to look after ourselves both during and beyond the Advent and Christmas seasons. It is important not to make this task too complex; it is the simple and everyday that we benefit from appreciating, - for example, seeing a lovely garden, the warm greeting of a colleague, the taste of your morning coffee, having a laugh with friends, obtaining a convenient car park, or an inspiring idea from a sermon. These are small things that we don't always notice nor think are terribly important, but turning up the volume on these small blessings can really pay off for our outlook.

This principle also applies for meditation or mindfulness – spending some time slowing down, being aware of our thoughts and concentrating on our breath can be a great support to our overtaxed limbic systems! This produces a calming effect if practiced regularly and is beneficial for both our interactions with others and our own physical,

emotional and spiritual well being. Resting our exhausted limbic system at Christmas can be a great way to sustain ourselves over the Christmas and New Year seasons. Perhaps you could make time to try one of the Meditation sessions offered at Christ Church? In the season of preparation that is Advent taking time to learn or experience a different way of connecting with the Lord, can be a great way to increase and build our love for Him. Giving the Lord time during the Advent/Christmas season surely must be one of the greatest gifts of love we can both give and receive?

Our thoughts can also be a good place to start. Practising some of what we preach, as Christians, by watching out for our negative thoughts and turning our thoughts into more constructive or helpful ideas can be a good way to cope with the challenges of Christmas! Alternately practicing acceptance and letting go of things beyond our control is particularly useful at Christmas. Advent, Christmas and Epiphany can be a good time to extend this idea into the practice of forgiveness. Softening our thoughts with love, kindness and compassion and general appreciation for what we do have, is a way of finding meaning in all the hustle and bustle of December! Have a *thank full* Christmas!

(Susan Murrant)

**B.I.B.L.E. : Basic Instructions Before you Leave Earth!**

### **Parish AGM 2016**

*The AGM was held in the church after the 9.30am service on 13th November 2016. reports were presented by the Parish Council and Wardens, the Community Meals Program, the Resource Centre, the Stewardship Program, the Refugee Group, and the Choir - and all are available from the Parish office if anyone missed out on a copy.*

## **the next Chronicle....**

... is due in

**March 2017**

and your contributions are welcome - send them to Phillip Swain by email to

- [spswain@westnet.com.au](mailto:spswain@westnet.com.au)

...but don't wait.... - do it **NOW !!**





## THINKING ABOUT GOD

Because God is, we are. God is the only principle in life, there is nothing outside of God, nothing or no one independent of God; we are a part of Him. The feeling that we are separate from God is only an illusion. We can help break this illusion by changing our thinking. No matter what we are doing the mind is always thinking of something. So let our mind think of God and inwardly talk to Him. While outwardly caring for the body and its needs, inwardly fix the mind on glorious thoughts of the Supreme. The body is a temple of God and we take care of it that we might do His will.

In striving to keep our minds on God while performing our other duties we shouldn't be absent-minded, but every now and then the mind should be saying, "Lord, if it were not for your strength and intelligence I could do nothing". When one develops inner communion with God it becomes the natural thing to converse with the Lord and keep Him close while doing everything. When there is constant remembrance of God, one day the Lord suddenly responds. Constant remembrance of the Lord brings about spontaneous devotion and eventually ecstatic love for God. Then what joy floods the whole being, and that joy sustains us on the spiritual path.

By the grace of the Lord we may be on fire with enthusiasm no matter what tasks come our way in the performance of our duty. While doing our best we may by God's grace be always cheerful and feel a sense of surrender to God. This gives a peace, a tranquility that nothing else in the world can give. This does require a willingness on our part; we may have to watch our motives and keep a positive attitude. This will help us to work enthusiastically and creatively to fulfill our duties in the service of God, yet not be afflicted by the pride of accomplishment.

Certainly we are happy when we do something well, and there is nothing wrong with that. We simply need to remember that God is both the doer and the controller- without God we can do nothing. If we are able to accomplish anything in life it is only because of the strength God gives us to do so. If we give the credit to God in this way we can avoid falling victim to the ego. We are all equal before God, in God's eyes there are no greater or lesser. When death comes we are severed from our material accomplishments and they become unimportant. So really to begin to connect more deeply with God we just need to change our way of thinking that it may help us rather than slow us down.

Fr Russell

## CHRIST CHURCH SOCIAL CLUB - 2017 Program



**Coordinators:** Jan/Barbara/David

**Meetings:** Nominally on the first Saturday of each month

\*\*\* keep watching the Parish Press for details & updates about the **2017 programme!**

## Bookings Calendar

The Parish Office has a booking diary for the year covering **ALL** bookings of Parish Facilities (Hall, Schoolroom, grounds, & the Church itself), for both Parish functions and outside events. Please check with the Office **before** you plan your activity, to make sure the space you need is available!

## PARISH COUNCIL

### Other Parish Council representatives

**Incumbency Committee** - Shurlee Swain, Judy Munro & Colin Hastings

**Parish Synod representatives** - John Aldridge, Richard White & Colin Hastings (alternative)



## VARIOUS COLLECTIONS

Thank you to everyone who continues to bring along items for the various collections from Christ Church. There are baskets in the Children's Area for the following -

**STAMPS**—to support ABM;

**GLASSES & GLASSES CASES**—which are forwarded for use in Third World countries;

**CORKS**—to support research into MS;

**SHOE BOX GIFTS**—gifts are included in the boxes forwarded to

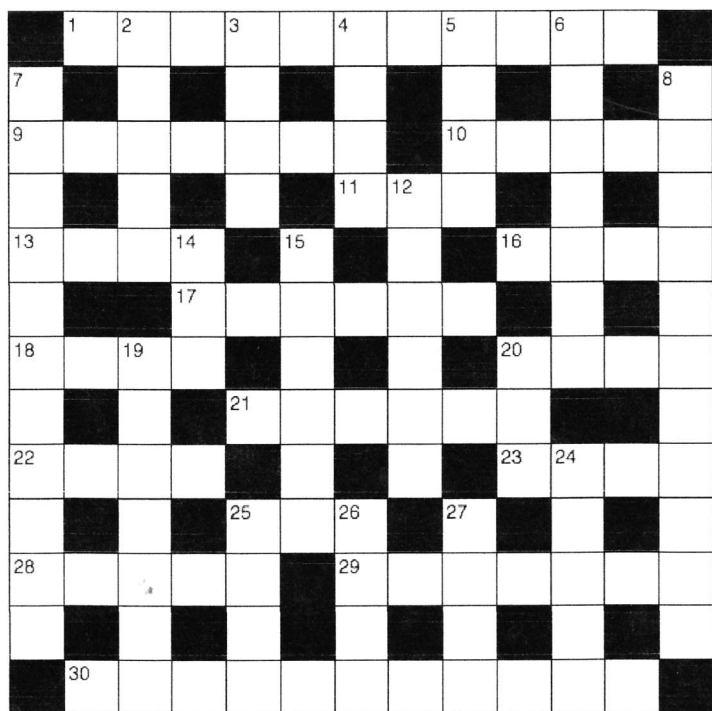
**OPERATION CHRISTMAS CHILD** through **MISSION WITHOUT BORDERS** (see p.4)

.... and please watch the weekly Parish Press for monthly special items that are being sought..





## Biblical Crossword... see how you go !!!



### Across

- 1 In David's battle with the Arameans, 700 of these were killed (2 Samuel 10:18) (11)
- 9 'No —, impure or greedy person has any inheritance in the kingdom of God' (Ephesians 5:5) (7)
- 10 City on the banks of the River Nile (5)
- 11 Stamped addressed envelope (1,1,1)
- 13 Taverns (4)
- 16 'Be on your guard; stand — in the faith' (1 Corinthians 16:13) (4)
- 17 'He will not always —, nor will he harbour his anger for ever' (Psalm 103:9) (6)
- 18 and 27 Down Where the magi came from and what guided them (Matthew 2:1-2) (4,4)
- 20 Ancient Celtic alphabet of 20 characters (4)
- 21 She married Esau when he was 40 years old (Genesis 26:34) (6)
- 22 A great-grandson of Noah (Genesis 10:7) (4)
- 23 Title accorded to certain Roman Catholic clerics (abbrev.) (4)
- 25 'My house will be a house of prayer; but you have made it a — of robbers' (Luke 19:46) (3)
- 28 Annie (anag.) (5)
- 29 Plead with (Zechariah 7:2) (7)
- 30 Tenth foundation of the new Jerusalem (Revelation 21:20) (11)

31

### Down

- 2 'We have a building from God, an eternal house in heaven, not built by — hands' (2 Corinthians 5:1) (5)
- 3 Uncommon excellence (Proverbs 20:15) (4)
- 4 'You have exalted my horn like that of a wild ox; fine — have been poured upon me' (Psalm 92:10) (4)
- 5 — Homo ('Behold the Man') (4)
- 6 'He has given proof of this to all men by — him from the

dead' (Acts 17:31) (7)

7 'Our — is in heaven' (Philippians 3:20) (11)

8 'This is a day you are to —' (Exodus 12:14) (11)

12 Assault (Psalm 17:9) (6)

14 'Jesus found a young donkey and — upon it' (John 12:14) (3)

15 Liverpool dialect (6)

19 'Remember the — day by keeping it holy' (Exodus 20:8) (7)

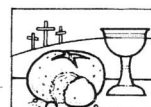
20 Nineteenth-century German physicist after whom the unit of electrical resistance is named (3)

24 Nazirites were not allowed to eat this part of a grape (Numbers 6:4) (5)

25 'If anyone would come after me, he must — himself and take up his cross and follow me' (Mark 8:34) (4)

26 Evil Roman emperor from AD54 to 68, responsible for condemning hundreds of Christians to cruel deaths (4)

27 See 18 Across



## Home Communion

The Parish Clergy are always very happy to bring Holy Communion at home to those unable to come to church for services.

**Please speak with Fr Russell or one of the Clergy team to arrange a time.....**

## Christ Church Sudoku!

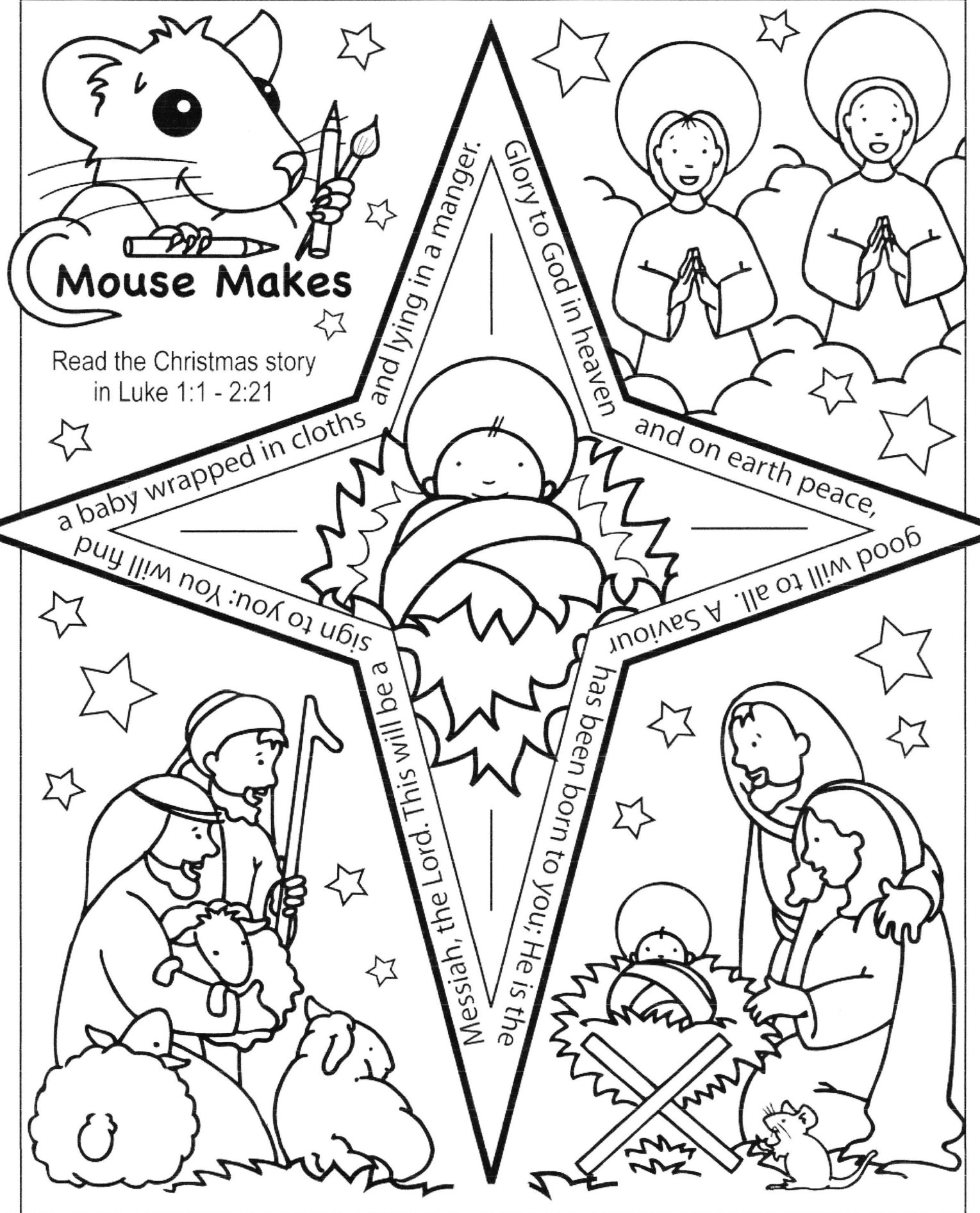
				1				2
8		1	5					
	3			8			6	
			2			1		6
	6						7	
5		4			1			
	9			7			2	
					6	7		4
6				9				

## THE PARISH WEB PAGE



...Have a look at the Parish Web Page! You'll find lots of details about what's happening in the Parish - services, celebrations, parish events, photos... and lots more!





☆ Eastern star, white and bright, ☆  
 In the darkness a shining light,  
 ☆ Points to Jesus, God's precious Son, ☆  
 ☆ Our Lord and King, our Saviour has come! ☆

Shepherds hear the Angels sing;  
 "Glory to the heavenly King,  
 Peace on earth, good will to all."  
 Come to Jesus the Saviour of all.



## St James the Least of All

Editor: The Rev Dr Gary Bowness (Parish Pump, UK) continues his tongue-in-cheek letters from 'Uncle Eustace', Vicar of St James the Least of All, and his nephew....



### On working with young people

The Rectory

St. James the Least of All

My dear Nephew Darren

It is quite natural for you curates to enjoy working with young people in your parishes; church youth clubs were created in order to keep the newly ordained off the streets in the evenings. But be assured you will grow out of it. I consent to baptise babies and prepare teenagers for confirmation, but beyond that my contact with this alien life form is kept to an absolute minimum.

Dear Miss Thrush runs our weekly Pram Service - whose sole purpose seems to be to give young mothers an opportunity to discuss the ever-changing liaisons within the village, while their offspring shred hymn books and destroy the flower arrangements. I drop in from time to time in order to check that the more mobile haven't found where we hide the matches. An infant equipped with that knowledge can so easily become a teenage pyromaniac.

I can give you little advice on your youth group. When I was a curate, the major activity seemed to be to teach them how to wear gas masks, although today I imagine there is more concern about protecting them from other sorts of exotic chemicals. Also, I suspect you are kept busy keeping the young out of the darker corners of the churchyard as they develop their anatomical knowledge - a past-time still enthusiastically pursued by each new generation.

You clearly find your monthly Youth Service a deeply enriching experience. As far as I am concerned, if such a liturgy had been necessary, then Cranmer would have provided us with one. Endlessly repeated choruses accompanied by a guitar would make me warm to the Quakers. I am sure St. Paul's services would have been much enriched with Hymns Ancient and Modern. The disciples in hiding in Jerusalem were not even able to sing accompanied by an organ, which must have greatly dispirited them. I also feel that our Verger would be unable to cope with organising the strobe lighting and dry ice effects. It takes him all his time to remember to light the candles on the altar.

On this matter we must differ. You must worship God in your way, and I in his.

Your loving uncle,

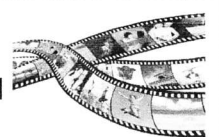
**Eustace**



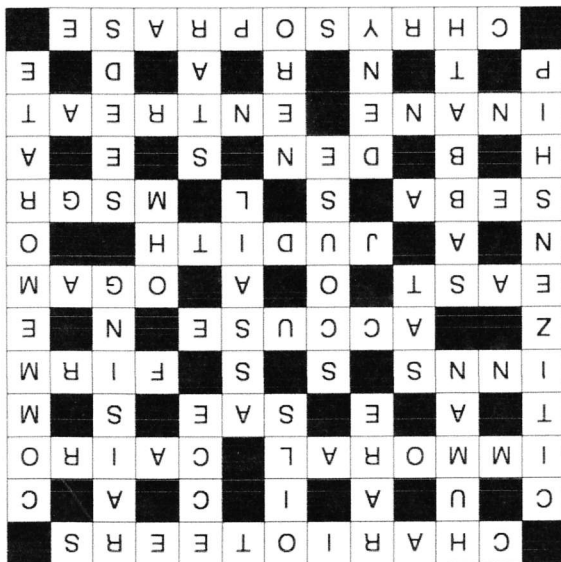
...his constant droning from the pulpit is really getting on my nerves!

## Film Nites 2017 -

the last Film Nite for 2016 was held in November - when "Florence Foster Jenkins" starring Meryl Streep was screened - but Film Nites will be back in 2017 so watch the Parish Press and coming Chronicles for details and don't miss out on some great films next year!







6	3	4	5	5	9	2	8
2	1	9	2	6	7	4	1
7	5	8	1	3	4	9	7
4	8	7	6	1	8	5	3
9	6	2	5	4	2	3	6
2	3	7	4	8	5	1	9
8	4	1	9	2	6	7	5
7	5	6	3	1	9	4	2

## GO CATS in 2017!!!



## A CHECK LIST FOR AGING.

**1. It's time to use the money you saved up. Use and enjoy it.** Don't just keep it for those who may have no notion of the sacrifices you made to get it. Remember there is nothing more dangerous than a son or daughter-in-law with big ideas for your hard earned capital. Warning: This is also a bad time for an investment, even if it seems wonderful or fool-proof. They only bring problems and worries. This is a time for you to enjoy some peace and quiet.

**2. Stop worrying about the financial situation of your children and grandchildren,** and don't feel bad spending your money on yourself. You've taken care of them for many years, and you've taught them what you could. You gave them an education, food, shelter and support. The responsibility is now theirs to earn their own money.

**3. Keep a healthy life, without great physical effort.** Do moderate exercise (like walking every day), eat well and get your sleep. It's easy to become sick, and it gets harder to remain healthy. That is why you need to keep yourself in good shape and be aware of your medical and physical needs. Keep in touch with your doctor, do tests even when you're feeling well. Stay informed.

**4. Always buy the best, most beautiful items for your significant other.** The key goal is to enjoy your money with your partner. One day one of you will miss the other, and the money will not provide any comfort then, enjoy it together.

**5. Don't stress over the little things.** You've already overcome so much in your life. You have good memories and bad ones, but the important thing is the present. Don't let the past drag you down and don't let the future frighten you. Feel good in the now. Small issues will soon be forgotten.

**6. Regardless of age, always keep love alive.** Love your partner, love life, love your family, love your neighbour and remember: "A person is not old as long as he or she has intelligence and affection".

**7. Be proud, both inside and out.** Don't stop going to your hair salon or barber, do your nails, go to the dermatologist and the dentist, keep your perfumes and creams well stocked. When you are well-maintained on the outside, it seeps in, making you feel proud and strong.

**8. Don't lose sight of fashion trends for your age, but keep your own sense of style.** There's nothing worse than an older person trying to wear the current fashion among youngsters. You've

developed your own sense of what looks good on you - keep it and be proud of it. It's part of who you are.

**9. ALWAYS stay up-to-date.** Read newspapers, watch the news. Go online and read what people are saying. Make sure you have an active email account and try to use some of those social networks. You'll be surprised what old friends you'll meet. Keeping in touch with what is going on and with the people you know is important at any age.

**10. Respect the younger generation and their opinions.** They may not have the same ideals as you, but they are the future, and will take the world in their direction. Give advice, not criticism, and try to remind them that yesterday's wisdom still applies today.

**11. Never use the phrase: "In my time".** Your time is now. As long as you're alive, you are part of this time. You may have been younger, but you are still you now, having fun and enjoying life.

**12. Some people embrace their golden years, while others become bitter and surly.** Life is too short to waste your days on the latter. Spend your time with positive, cheerful people, it'll rub off on you and your days will seem that much better. Spending your time with bitter people will make you older and harder to be around.

**13. Do not surrender to the temptation of living with your children or grandchildren** (if you have a financial choice, that is). Sure, being surrounded by family sounds great, but we all need our privacy. They need theirs and you need yours. If you've lost your partner (our deepest condolences), then find a person to move in with you and help out. Even then, do so only if you feel you really need the help or do not want to live alone.

**14. Don't abandon your hobbies.** If you don't have any, make new ones. You can travel, hike, cook, read, dance. You can adopt a cat or a dog, grow a garden, play cards, checkers, chess, dominoes, golf. You can paint, volunteer at an NGO or just collect certain items. Find something you like and spend some real time having fun with it.

**15. Even if you don't feel like it, try to accept invitations.** Baptisms, graduations, birthdays, weddings, conferences. Try to go. Get out of the house, meet people you haven't seen in a while, experience something new (or something old). But don't get upset when you're not invited. Some events are limited by resources, and not everyone can be





hosted. The important thing is to leave the house from time to time. Go to museums, go walk through a field. Get out there.

**16. Be a conversationalist. Talk less and listen more.** Some people go on and on about the past, not caring if their listeners are really interested. That's a great way of reducing their desire to speak with you. Listen first and answer questions, but don't go off into long stories unless asked to. Speak in courteous tones and try not to complain or criticize too much unless you really need to. Try to accept situations as they are. Everyone is going through the same things, and people have a low tolerance for hearing complaints. Always find some good things to say as well.

**17. Pain and discomfort go hand in hand with getting older.** Try not to dwell on them but accept them as a part of the cycle of life we're all going through. Try to minimize them in your mind. They are not who you are, they are something that life added to you. If they become your entire focus, you lose sight of the person you used to be.

**18. If you've been offended by someone, forgive them.** If you've offended someone - apologize. Don't drag around resentment with you. It only serves to make you sad and bitter. It doesn't matter who was right. Someone once said: "*Holding a grudge is like taking poison and expecting the other person to die.*" Don't take that poison. Forgive, forget and move on with your life.

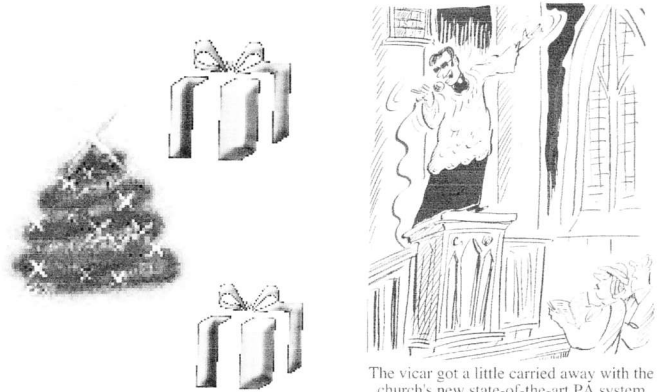
**19. If you have a strong belief, savour it.** But don't waste your time trying to convince others. They will make their own choices no matter what you tell them, and it will only bring you frustration. Live your faith and set an example. Live true to your beliefs and let that memory sway them.

**20. Laugh. Laugh A LOT. Laugh at everything.** Remember, you are one of the lucky ones. You managed to have a life, a long one. Many never get to this age, never get to experience a full life. But you did. So what's not to laugh about? Find the humour in your situation.

**21. Take no notice of what others say about you and even less notice of what they might be thinking.** They'll do it anyway, and you should have pride in yourself and what you've achieved. Let them talk and don't worry. They have no idea about your history, your memories and the life you've lived so far. There's still much to be written, so get busy writing and don't waste time thinking about what others might think. Now is the time to be at rest, at peace and as happy as you can be!

**AND REMEMBER:** "*Life is too short to drink cheap wine*"

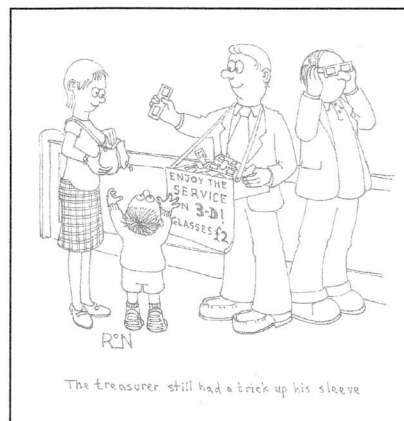
(with thanks to David Peek)



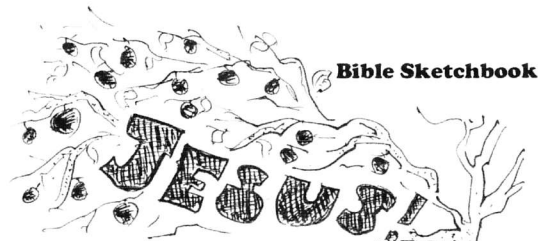
**Bad Language Near Church**  
I heard very filthy language being used in the grounds of Christ Church," said Constable Sumpter, giving evidence in a case at the Geelong City Court yesterday. William Alexander Robertson pleaded not guilty to a charge of having, on August 7, used indecent language in Moorabool Street. Constable Sumpter said that an "evening" was being held at the church hall when the language was used. Robertson said that he had been with the Geelong Second Light Infantry to play St. Kilda. When he came back someone gave him some whisky and he did not remember what happened after that. He was not in the habit of drinking or using bad language. Mr. D. W. O'Grady, P.M.: "You have a handy facility for getting bad language at the moment, judging by the sample handed to the Bench. It is atrocious language, and it is not often that such a vile sample is handed to us." Robertson said that he was aged 29 and lived at Geelong. He was fined £5, in default a month in gaol.

Geelong Advertiser 25th August 1926, p.8

... and let this be a lesson to us all!



"Your word is a lamp  
for my feet,  
a light for my path"  
Psalm 119:105



Bible Sketchbook

### 4,000 years and still going strong!

Do you realise the Christmas idea goes back at least 4,000 years? OK - we all know it was 2,000 years ago Jesus was born. But it was 4,000 years ago God promised his ancestor Abraham he would have as many children as stars in the sky!

Then 3,000 years ago one of his descendants, Jesse, was promised that from the **stump** of his life a new **shoot** would emerge, who would become a great king. First of all one of Jesse's sons, David, was anointed king. But the greatest king of all came 1,000 years later. This was Jesus - a direct descendant on his mother's side and fathered by the Holy Spirit! He was a **branch** of that original shoot, who would be beautiful, glorious, bearing masses of fruit, King of Kings for all people, everywhere, for ever! And he's still going strong!

*Food for thought and celebration! Read more in Isaiah 11:1; Romans 15:12; Revelation 5:5*



## Some thoughts on well-known Christmas traditions.....

### 24 December Christmas Eve

Christmas Eve has its own customs, the most popular of which is going to Midnight Mass, or the Christ-Mas. This is the only Mass of the year that is allowed to start after sunset. In Catholic countries such as Spain, Italy and Poland, the Midnight Mass is in fact the most important church service of the entire Christmas season, and many people traditionally fast beforehand. In other countries, such as Belgium and Denmark, people dine during the evening, and then go on to the Midnight Service.

Australia is behind some countries when it comes to exchanging presents: in Germany, Sweden and Portugal the custom is to exchange on Christmas Eve. But in Serbia and Slovakia the Christmas tree is not

even brought into the house and decorated until Christmas Eve.

Yule logs are not so popular since the decline of the fireplace, but traditionally it was lit on Christmas Eve from a bit of the previous year's log, and then would be burned non-stop until 12<sup>th</sup> Night (6<sup>th</sup> January). Tradition also decreed that any greenery such as holly, ivy or mistletoe must wait until Christmas Eve until being brought into the house.

### 25 December - Christmas - & the story of the Christingle

The word 'Christingle' actually means 'Christ Light', and celebrates the light of Jesus coming into the world. Stories of how the Christingle began look back to the Moravian Church, which was found in the Czech Republic. The Moravians have held Christingle services for more than 200 years, and according to them, this is how the first Christingle might have been made:

Many years ago the children in a village were asked to bring a Christmas gift to put beside the crib in the church. One family was very poor, and had no money for gifts, but the three children were still determined to take something. The only nice thing they had was an orange, so they decided to give the Christ-child that.

But then they discovered the top was going green, so the eldest cut it out, and put a candle in the hole. To add some colour, one of the girls took a red ribbon from her hair and tied it around the middle of the orange. It was hard to make the ribbon stay still, so they fastened it in place with toothpicks. The toothpicks looked a bit bare, so the youngest child added some raisins to them.

The children took their decorated orange lantern to the church for the Christmas Mass. The other children sneered at their meagre gift, but the priest seized upon it with joy. He held it up as an example of the true understanding of the meaning of Christmas, for the following reasons: the orange is round, like the world; the candle gives us light in the dark, like the love of God; the red ribbon goes round the 'world', as a symbol of Christ's blood, given for everyone; the four sticks point in all directions, and symbolise that God is over all: North, South, East and West; and the fruit and nuts remind us of God's blessings.







# WORKING BEES AT CHRIST CHURCH

Just a few pix of things  
that are regularly done  
on working bees.....

There are  
NEVER too many  
helpers... if we have lots  
then more gets done...  
if there are only a few  
then it takes longer.....



...mowing  
...**gardening**  
...PAINTING  
...clearing up  
....repairing  
paths & driveways  
....planting flowers

fixing gutters & clearing drains.....  
Inside and outdoor jobs!!  
... AND LOTS MORE!!!

ps... it's worth it for the  
morning tea!!!

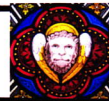
... working bees are usually  
on the **first Saturday** and the third  
**Thursday** each month ... from **9am until  
noon** on both days... and it doesn't matter  
if you're not free for all the time, or only on  
occasional days... come whenever you can!  
You will be welcome and there **WILL**  
always be something you can do!!!



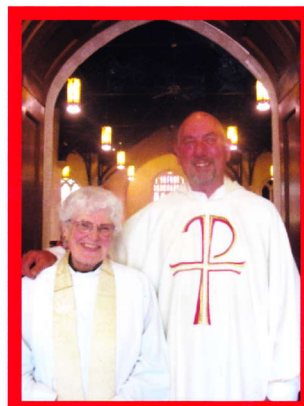
**PEACE**







... and of course we are to believe that Barbara just happened to be riding past and stopped to look at the fallen tree, when the Addie photographer just happened to be there... SURE! But the real question is... who knocked down the tree? Hmmm.... Notice that David is conspicuously absent from the photo.....

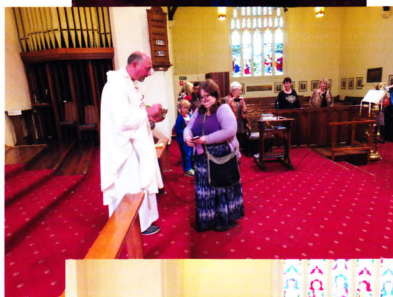
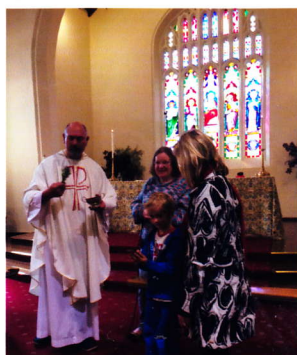


Former parishioner and now Archdeacon of Essendon, Revd Judy POLLARD (pictured above with Fr Russell) was the Guest Preacher at the Stewardship Service on 20th November 2016



## The Pets' Service - 2nd October 2017

Angus (grandson of Bruce and Judy Munro - see pic above) could not bring his dog from SA so he had an iPhone photo blessed instead!



...thanks to Bruce Twaddell and Judy Munro for these great photos!

