

*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

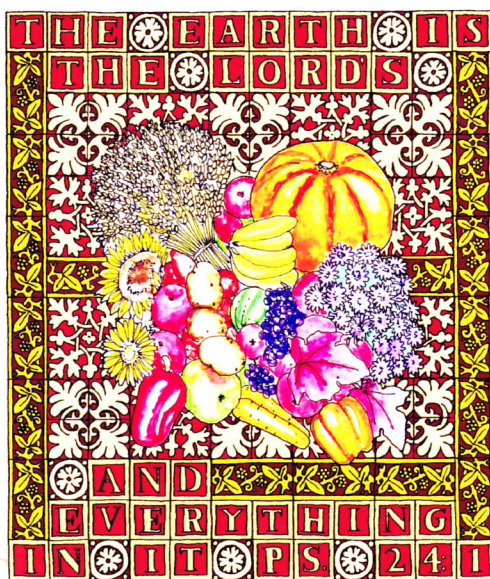
Dear friends in Christ,,

We thank the Lord that by grace we have arrived at another spring in God's service here at Christ Church Geelong. By the grace of Christ we have many varied ways of serving the Lord. No type of service is higher or better than any other, and all the Lord's servants are equally appreciated and loved by the Lord. We engage in God's service according to the call of the Lord and according to our personal inclination. That means each of us is called individually and our response, if offered with love, is received lovingly by the Lord. The parish of Christ Church Geelong offers each one of us to worship and to serve in whatever way we feel called.

The important thing is not the type of service we perform but the attitude with which we perform it. If we love to serve the Lord we will be happy in any situation, because the Lord is always ready to accept any service offered with love. The first service is to always remember the Lord and never forget Him. If we can't serve the Lord physically we can serve God mentally; nothing in this world can stop us from being engaged in the Lord's service except our own unwillingness.

Service to the Lord must be offered with a positive, enthusiastic attitude with the sense of gratitude for having the opportunity to serve. If we offer service begrudgingly or

simply to achieve our own purpose it means we are not serving with the Lord in mind. Sometimes we get so caught up in dealings and circumstances that we forget the Lord whom we actually serve. Sometimes we look for some immediate results and forget that the actual reward for service to God is the service itself and the eternal life to perform it in.



Though we think we are in control, it is the Lord who is the Supreme Controller. It is He who guides our steps through life and gives us the strength to meet each day in His service. That service flows out of a life given to faith in God who alone shapes us and transforms our lives into His likeness. It is better not to be

too attached to any particular kind of service. Though we may feel more suited to certain activities, life happens in such a way that our ability to serve or respond to the Lord's call can change radically overnight.

To all of our faithful people at Christ Church Geelong I thank you for your willingness to serve our Lord Jesus Christ here, in whatever way you feel is right for you. I thank those who regularly respond to God's call to do

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*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.*

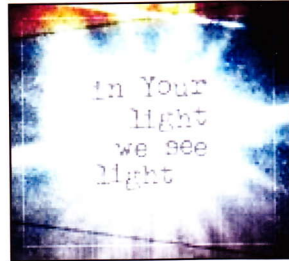




(Continued from page 1)

the needful whenever that need should arise. If we pray to be engaged in the Lord's service and engage in that service with devotion and gratitude it will be to our eternal benefit. In devotional service to God there is no loss or diminution, - it is all auspicious, the cause of infinite joy and eternally performed.

The Lord be with you  
*Fr Russell*

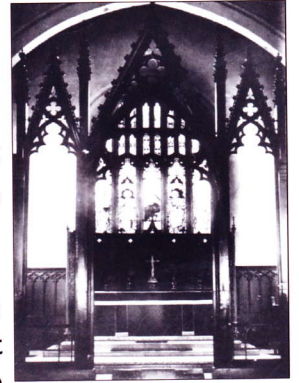


## CELEBRATING OUR HISTORY !

(see the p3 of March 2015 Chronicle for a full article on this Project).

Parishioners will recall that in 2013 on Foundation Day it was announced that there would be a 5 year project to extend the written history of Christ Church and publish a book in 2018. This Project is continuing - those interested in being involved or contributing to the written history that is being prepared should contact -

**Margaret Tembo** at [m.tembo@bigpond.com](mailto:m.tembo@bigpond.com)  
or Ph 5221 5130



## THE PARISH WEB PAGE



...Have you looked at the parish Web Page recently? You can find the web address below (or just Google "Christ Church Geelong" and it should come up!). On the web page you can find details of services and celebrations for the present season in the church calendar, links to readings and addresses from our Pastoral team and visiting clergy,, and photos, details of parish events, and lots more!

### 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.

## PARISH COUNCIL

### CHRIST CHURCH PARISH COUNCIL - 2014-2015

**The 2014-15 Council** (as elected at the 2014 AGM) is -

**Vicar's Warden** - Ruth Christian

**Wardens** - David Peek, Gai Scully

**Vestry Members** - John Aldridge, Evelyn Twaddell, Peter Dohnt, Pat Peacock, Mary Lewis,, David Osborne, Jan McGowan & Sue Wong (together with Fr Russell as Vicar)



## Diary dates and reminders...

### some dates for 2015

.Film Nites - watch the Parish Press for details, but the remaining dates are

14 September - "the World's fastest Indian" (7.15pm for a 7.30spm tart)

28th September.....'Into Great Silence" (6.30pm for a 6.45pm start - this documentary runs for 3 hours but there will a supper break at about 2 hours)

11th October - Foundation Day - watch the Parish Press for service details

15th November - Parish Annual Meeting (to be held after the 9.30am service concludes)

22nd November - Parish Patronal Festival - service to be followed by a special morning tea, and then by a Parish Variety Concert (watch the Parish Press for more details)

29th November - celebration Service for Christ the King

.....and watch the Parish Press for details of other celebrations and Parish events,!







## SACRED SPACE

When I first entered Christ Church Geelong I felt my breath taken away by the beauty and atmosphere of the church. The Lord is here; it is His house and is a place of pilgrimage where the presence of the Lord may be felt. We should never take this for granted; it is only by grace that we may be a part of a sincere faith community that looks to pleasing the Lord with fine worship and pleasing Him with prayer and song. It is very important to honour that sacred space, to keep it clean and tidy and avoid using it for anything other than the worship of God.

I have visited churches of various denominations that have little sense of sacred space because the building is used for all sorts of non-devotional activities. This waters down the atmosphere of a place and makes it feel like a hall rather than a place of worship and the house of God. Remember the reaction of Jesus when he found the Temple in Jerusalem being used for selling animals for sacrifice and money changing. Jesus taught us by this that the house of the Lord is to be reserved for divine worship and prayer. It is not a question of being prudish but rather of keeping a place with a spiritual atmosphere that we and others might benefit from it.

Saint Francis was a person who adored sacred space. He was well aware that the kingdom of heaven is in every corner of the earth and that one may receive divine grace anywhere. Nevertheless, Saint Francis found that certain churches, by the faithful worship there, were more filled with grace than others. A favourite one for Francis was the little church of the Portiuncola, a church that he helped repair and that is now situated inside of the Basilica of Saint Mary and the Angels in the modern part of Assisi. I remember attending a Mass there. Syama and I sat in the little church inside the Basilica where faithful people were sitting or kneeling while the Mass was being conducted from the altar of the Basilica. We couldn't see the altar but could hear the Mass being sung. We felt such grace and divine peace in that place.

Saint Francis wrote to his fellow monks about the Portiuncola..."My sons be sure that you never leave this place, so that if you are kicked out from one door, go back in from the other, for this place is truly holy. It is the house of God. Here when there was just a few of us, the Most High multiplied us; here with the light of His wisdom, He enlightened the hearts of His poor ones; here He kindled our will with the flame of His love; here anyone who prays with devotion will obtain what they ask, but anyone

who desecrates it will be severely punished. Therefore, my sons, consider this place the house of God, worthy of all honour and in a voice of exultation and praise, sing to the Lord here with all your heart."

Another powerful sacred space Syama and I have visited many times is the church of Saint Anthony in Padova, Italy. As soon as you walk in you feel welcomed and blessed. Not just because someone welcomes you at the door visibly, but because of the sacred atmosphere there. Our church here at Christ Church has a beautiful spiritual atmosphere and it is our duty to preserve that. We go the extra mile by physically welcoming people as well. That is important in Australia because unless one belongs to a faith community, the society here lacks the sense of sacred space. By our welcoming and friendly behavior we may help open the hearts of visitors to the spiritual atmosphere of Christ Church Geelong.

Many times I have conducted weddings, baptisms or funerals where people who haven't regularly attended church comment how beautiful Christ Church Geelong is. We have received a treasured gift that needs to be preserved, honoured and adored, and kept a sacred space for future generations. If we continue with a good standard of faithful worship the Lord will continue to send faithful people to us. I have no doubt in this. The human soul yearns for God, even in the hearts of people who don't know it. All are searching for God's love and peace. Our church is a sacred place where people may find that which they have always been looking for, the pearl of great price - the Supreme Lord.

The Lord be with you

Fr Russell







## THE STORY BEHIND THE STORY ....

Most of us enjoy watching a movie. The best look at the great themes of humanity - life, birth, death, love, loss, redemption.

The Story Behind The Story asks the questions: "where is God in this?" "Does this remind you of anything in the Bible? Anything Jesus said?"

We watched a series of movies under this heading a few years ago. A host with a video and TV can invite some parishioners to watch a movie and discuss it, any one of us could do this, on their own or inviting one of the home fellowship group leaders to help with the discussion. I usually find that the comments of other people help me have more ideas than arise if I watch alone. Think about hosting one yourself, or of which movies you would like to discuss.

(Judy Munro)

## 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.



### 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 personal remembrance. Of a family member or other loved one.
- Speak to **Jan McGowan** if you would like more details!



## Have you heard....????



**Joan Livingstone** has mentioned that her granddaughter **Alice Betteridge** has been awarded her PhD in Wine Microbiology and Microbial Biotechnology, by the University of South Australia for her research "Enhanced wine-making efficiency through fool-proof malolactic fermentation:" (Joan will explain this at length!)- Congratulations Dr Alice and grandmother Joan ! (see pix on p12).

## CONGRATULATIONS!

and congratulations are in order for **the Peek family** - **Sarah Peek** turned 30 on May 31st. - she is now living in her own apartment in Brunswick, a short tram ride to work at the Women's Hospital.... When Sarah arrived in this world at Baxter House, one of the staff there was **Peg Powell** who turns **90** years young on **September 8th** ....AND **Bentley James Peek** was born on 6th August to Andrew and Carly. - he was 3.4kg and has lots of black hair! Congratulations to new parents **Andrew and Carly**, and new grandparents **Barbara and David**. There's a photo of little Bentley on p12!

... and whilst we're in congratulatory mood... our congratulations and prayers are offered in support of **Ruth and Laurie Christian's** son-in-law **Colin Oakley** (husband of daughter Anthea) who was ordained a Deacon of the Anglican Church, on 23rd August.



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

... is due in early **December 2015** and contributions are welcome - send them to Phillip Swain by email to - [spswain@westnet.com.au](mailto:spswain@westnet.com.au) ...don't wait - do it **NOW !!**

## From the Parish Registers - June to August 2015

### Marriages

6th June Komal and Jeffrey **NORMAN**  
27th June Christine and Mark **ROBERTSON**

### Burials

21st May - Syd **TATE**  
25th June - Edna Joan **SMITH** \* Joan was the wife of our beloved Fr Barry Smith  
27th August - Reginald **PITTS**



"Finally, we're still waiting for someone from last week's Parent & Toddler Group to come and claim this lost property..."





## SAINT JOHN CHRYSOSTOM



September 13<sup>th</sup> is the feast day of Saint John Chrysostom who was born at Antioch in the year 349. After a brilliant course of studies he began to lead a life of austerities. He was ordained priest and labored in preaching with great fruit. In 397 he became Bishop of Constantinople and showed himself to be a true pastor, striving to reform the morals of both clergy and people. He incurred the hatred of the imperial court and his work was undermined because of jealousy, and twice he was sent into exile. Overcome by exhaustion he died at Comana in Pontus on 14 September 407. Because of his sermons and writings to explain the faith and to encourage the practice of the Christian life, he was called John of the Golden Mouth. What follows is an excerpt from a homily by Saint John Chrysostom.

....The waves are many and the surging sea is dangerous. But we are not afraid we may be drowned, for we are standing on the rock. Let the sea rage as it will, it cannot split the rock asunder. Though the waves tower on high, they cannot overwhelm the boat of Jesus. What pray are we afraid of? Death? For me life is Christ and death is gain. But tell me is it exile? The earth is the Lord's and all that is in it. Do we fear the loss of property? We brought nothing into the world and can take nothing from it. The terrors of the world I despise, its treasures I deem laughable. I am not afraid of poverty, I do not long for wealth. I do not dread death, I do not pray to live, except to help you advance in virtue. So I simply note what is happening at present and I call on you, my dear people, to be of good heart.

Do you not hear the Lord saying, where 2 or 3 are gathered in my name I am present among them? Where will there be not 2 or 3 bound together in love? I have this pledge. Surely I do not rely on my own strength? I hold fast to His bond. That is to me a staff, a security, a calm harbour. Even though the world is in turmoil, I hold fast to His bond and what is that bond..."That I am with you all days even till the end of time". Christ is with me, whom shall I fear? Though waves rise up against me, the seas, the wrath of rulers. These things are no more to me

than a cobweb. Therefore I say Lord, let thy will be done, not what anyone else says but as you wish. If He wishes me to be here, I give thanks to Him. I give thanks wherever His will is I should be.

And where I am, there also are you; where you are, there I am too, we are one body. We are separated by space but united in love. Not even death can cut us apart. For even if my body dies, my soul will live on and will remember my people. The Lord is our light and His loves weaves us a crown, a victory over that assures us an eternal future.

Loving God, grant that we may be strengthened and encouraged by the words and example of Saint John Chrysostom.

Fr Russell

### 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 7am & 10am.**

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

**Healing Services - 2nd & 4th Wednesday** of each month, at 7pm

**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.

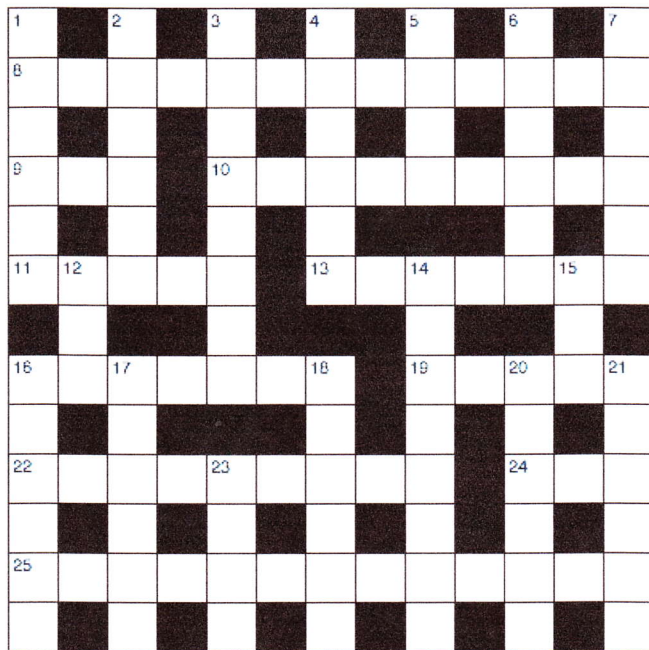
### Christ Church Sudoku!

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





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



### Across

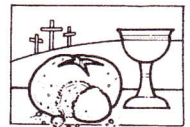
- 8 Where the Ark of the Covenant was kept for 20 years (1 Samuel 7:1) (7,6)  
 9 One of the parts of the body on which blood and oil were put in the ritual cleansing from infectious skin diseases (Leviticus 14:14-17) (3)  
 10 Uncomfortable (3,2,4) 11 'Yet I have loved Jacob, but Esau I have —' (Malachi 1:3) (5)  
 13 Where Paul said farewell to the elders of the church in Ephesus (Acts 20:17) (7)  
 16 'Jesus bent down and — to write on the ground with his finger' (John 8:6) (7)  
 19 Prophet from Moresheth (Jeremiah 26:18) (5)  
 22 Comes between Exodus and Numbers (9)  
 24 and 2 Down 'Then Elkanah went home to Ramah, but the boy ministered before the Lord under — the —' (1 Samuel 2:11) (3,6)  
 25 There was no room for them in the inn (Luke 2:7) (4,3,6)

### Down

- 1 Rough drawing (2 Kings 16:10) (6)  
 2 See 24 Across  
 3 Underground literature (including Christian books) circulated in the Soviet Union (8)  
 4 Lo, mash (anag.) (6)  
 5 The Bible's shortest verse: 'Jesus —' (John 11:35) (4)  
 6 'Can a mother forget the baby at her — and have no compassion on the child she has borne?' (Isaiah 49:15) (6)  
 7 Can be seen in a dying fire (Psalm 102:3) (6)  
 12 'Send me, therefore, a man... experienced in the — of engraving, to work in Judah and Jerusalem' (2 Chronicles 3:7) (2)

- 14 Second city of Cyprus (8)  
 15 United Nations Association (1,1,1)  
 16 One of the women who first heard that Jesus had risen from the dead (Mark 16:1) (6)  
 17 Braved (anag.) (6)  
 18 — of Evangelism, outreach initiative in the 1990s (6)  
 20 'Woe to those who are wise in their own eyes and — in their own sight' (Isaiah 5:21) (6)  
 21 'Neither — nor depth... will be able to separate us from the love of God' (Romans 8:39) (6)  
 23 What Jesus shed in 5 Down (4)

## 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.....**

## Bookings Calendar



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



## PARISH CONCERT - 22ND NOVEMBER

Parish Council has agreed to the suggestion from Council member and Choir Member Sue Wong that a free in-house concert be held on the afternoon of Sunday November 22nd - which is the Parish Patronal Festival. This will be a fun way to celebrate the Patronal Festival, and solos, duets, quartets, recitals etc are all possible. If you would like to contribute or have suggestions for items please let Sue Wong know.





## CHRIST CHURCH SATURDAY CLUB - Events & Activities



<b>Sat 5th Sept</b>	Brekky at the Peeks (9am)	Catering help appreciated!
<b>Sat 3rd Oct</b>	Singalong and Supper	at Merle Godfrey's home
<b>Sat 7th Nov</b>	Clyde Park lunch (12 noon)	
<b>Saturday 5th December</b>	Christmas Dinner (6pm onwards)	At Rae and Jim's home in East Geelong (\$15 per head)
<b>Saturday 12th December</b>	Berry Picking at Teesdale	... and remember - the Saturday Club is for the <u>whole Parish</u> - <b>everyone is welcome!!!</b>

**Year Coordinators:** Jan/Barbara/David

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

## GOD AND THE ARTS

*Editor: Michael Burgess (Parish Pump, UK) continues his look at great works of Christian art - Google "the Vase of Flowers" and the artist's name to see it - it is worth the effort!.....*

### 'HE GAVE US EYES TO SEE THEM': FLOWERS - THE BEAUTY OF THE LORD

In this month of September we give thanks for God's blessings in all that the earth yields us. Those blessings are focused in this wonderful painting of Jan Davidsz de Heem. He was born in Utrecht in Holland in 1606 and studied art under his father's guidance. De Heem then moved to Antwerp, where for the rest of his life he created paintings of such beauty and depth that one of them - a portrait of Prince William III surrounded by blossoms and fruits - received the highest price ever paid for a painting at that time.

In the '**Vase of Flowers**' de Heem has gathered together a bouquet of variegated flowers and plants for our delight. Time stands still in his painting in two ways. First, these thirty-one blooms could never have flowered at the same time, but through the magical touch of the artist, they do for us. Caught on canvas, they are as fresh and vibrant as the day they were painted in 1645.

But there are signs that the gifts of nature do wither and die as we look closely and see on the marble slab a snail. Nearby is a salamander eyeing his next meal as a spider hangs on a thread from one of the flowers. In the centre another snail looks at his food, the beautiful and rare red and white tulips. Yet we look again and see also signs of

new life: the reeds of wheat are symbols of the Eucharistic bread; the caterpillar and butterfly on the striking white poppy at the top are signs of resurrection; and the peas in their pod and the blackberries mark out the fruitfulness of creation.

The artist shows us a glorious range of flowers - some well-known, others more exotic and brought back to Holland through the colonial expansion of the 16<sup>th</sup> century. Tulips and poppies dominate, but to the left are small scented roses. Each is a testimony to the beauty and goodness of the world we live in.

A 100 years later, Christopher Smart wrote in 'Jubilate Agno': '*For the flowers are great blessings...For the flower glorifies God...For the flowers are peculiarly the poetry of Christ.*'

And 200 years later Gerard Manley Hopkins wrote: '*I do not think I have ever seen anything more beautiful than the bluebell I have been looking at. I know the beauty of our Lord by it.*'

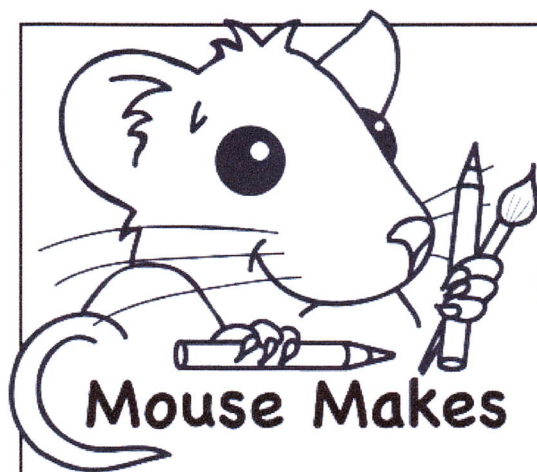
And we, in our own century, can echo poet and painter as we praise God, the author of such flowers and plants that make up a world of 'all things bright and beautiful.'

### A new CoolRoom!!!

Ok... it's taken quite a while, but Parish Council did have to battle competing views from Heritage Victoria, the Diocese AND the Geelong Council... but the anticipated CoolRoom, attached to the Parish Hall, has finally been installed. There are pix on p12 - and thanks are due to the Parish Council, and to Colin Hastings and the donors to this project to support the Community Meals Program







## HARVEST PRAISE



"Shout out praises to the **Lord** all the **earth**!

Worship the Lord with joy! ...

Acknowledge that the Lord is **God** ...

... Enter His gates with **thanksgiving**  
and His courts with praise!

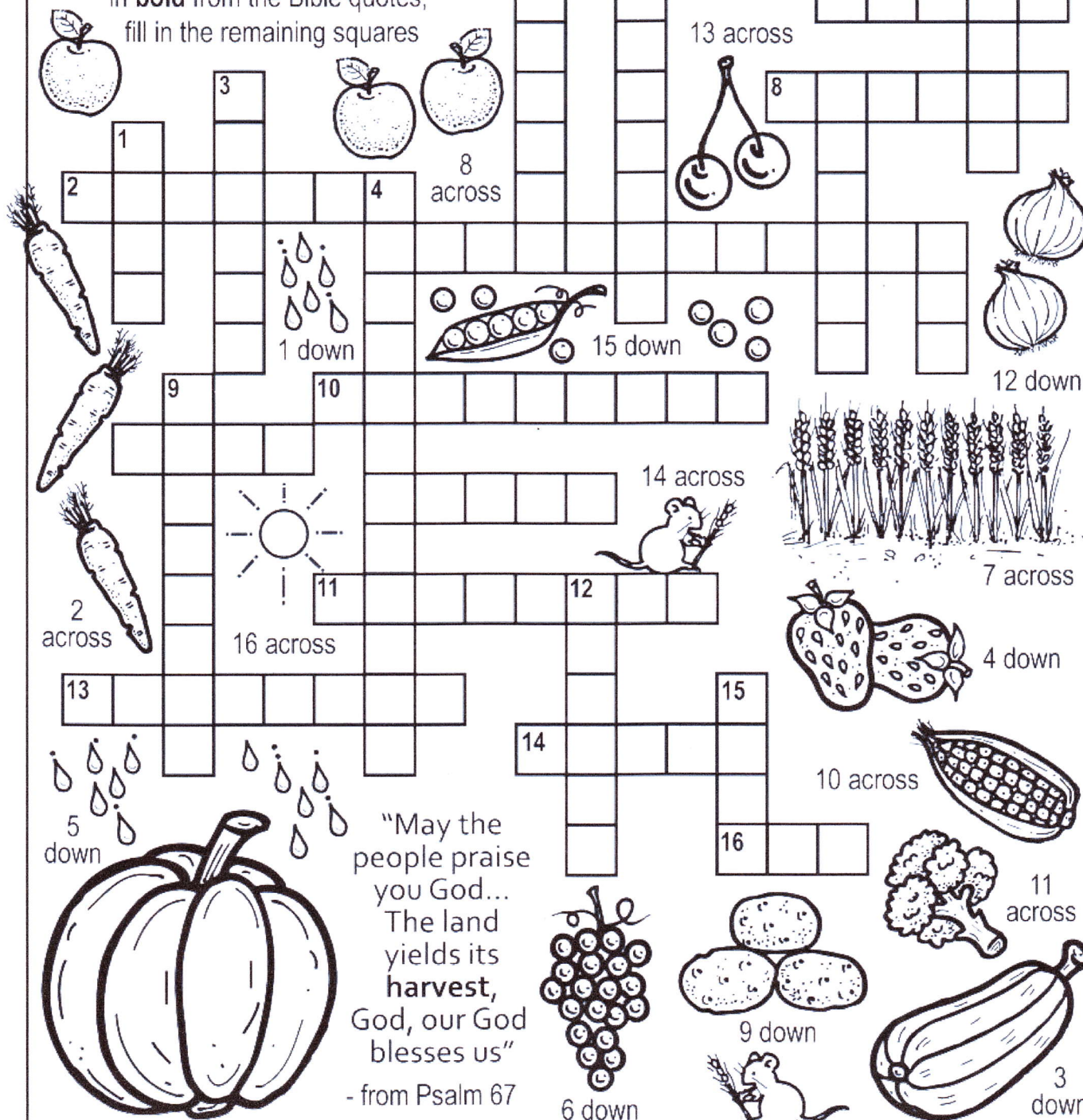
Give Him thanks! **Praise** His name.

For the Lord is good, His loyal love endures  
and He is faithful through  
all generations."

- from Psalm 100



Use the picture clues to solve the harvest  
crossword puzzle, then using the words  
in **bold** from the Bible quotes,  
fill in the remaining squares



"May the  
people praise  
you **God**...  
The land  
yields its  
**harvest**,  
**God**, our **God**  
blesses us"

- from Psalm 67





## St James the Least of All

Editor: The Rev Dr Gary Bowness  
(Parish Pump, UK) continues his tongue-in-cheek letters from 'Uncle Eustace'...



### On hymns – ancient and more ancient

From The Rectory

St. James the Least

My dear Nephew Darren

So your church does not bother with hymnbooks, but uses one of those hideous screens which are invariably strategically placed to obscure the altar. I suppose I am bothered, as wherever you placed it in your converted cinema, it could never spoil its architectural aesthetics.

In my - fortunately limited - experience of such devices, they provide the projectionist with endless opportunities for showing the wrong hymn, or the right hymn but wrong verse, or the right hymn and right verse, but all upside down. In any case, the turnover from one verse to the next always takes place some milliseconds after that verse has started. This means that the congregation, having been silenced for lack of words, is then faced with the challenge of singing two lines at double time.

When we decided to move from 'Hymns More Ancient' to 'Hymns Slightly Less Ancient' some years ago, our Sunday attempts to 'make a joyful noise unto the Lord' threatened to get lost in the noise of battle.

Colonel Wainwright was happy so long as we continued fighting good fights and urging Christian soldiers onwards. Very keen on smiting is the Colonel; under his command, the Midianites wouldn't have stood a chance. The men wanted the hymns they remembered from school, the ladies wanted those they had sung at their weddings, and no one would consider any-

thing that dropped 'thine's or 'wouldst's. Then a vicious rumour started that the new hymnbook might even offer hymns written in the last 50 years. At this, timetables were consulted for bus services to the next village (and church).

Eventually we reached the perfect solution: we did nothing. Instead, Miss Simpson was charged with buying yards of sticky backed plastic and repairing the current books. But there was still a crisis to come: her young (and radical) niece decided to add a note in the front of every copy. It suggested that if the page for the hymn you wanted was missing, then you could share with the person sitting next to you. Of course, no one has done that yet; it would be an experience almost as traumatic as being invited to pass the peace.

And so we struggle on with our 'Hymns More Ancient', whenever we can find the words.

Harmony reigns once again.

Your loving uncle,

**Eustace**

### VARIOUS COLLECTIONS

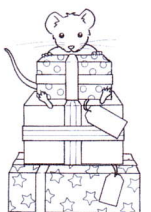
Thank you to everyone who continues to bring along items for the various collections from Christ Church. There are baskets in the Children's Area for the following -

**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



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







## puzzle solutions... (from pp5 & 6)

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

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



"The new vicar is really cool, Dad. Did you know that God emailed the Ten Commandments to Moses' Tablet PC?"

## Foods that Fight Cancer... a book which offers hope

Few events match a cancer diagnosis. It is a grim, isolating experience where life seems paralyzed. Even after one begins to take stock where does one turn? Reading may be one avenue. Yet for a cancer patient to pick up a book on cancer it must offer hope. 'Is it uplifting? Does it suggest a way forward?' **Foods that Fight Cancer (2006)**, a rigorously researched text shows us a non-toxic path which happily complements conventional treatment options.

The book's inspiration is Lenny. Lenny, a colourful, hard-living character, has just learnt he has pancreatic cancer, one of the most ominous types of cancer. He has been given only a few months to live. Here is his story and that of Richard Beliveau, the man who gave him a lifeline, as told by David Servan-Schreiber in **Anticancer: a new way of life (2008)**.

In desperation it is Lenny's wife who calls their friend Richard Beliveau, head of one of the largest laboratories in the world specializing in cancer biology.

Over the past twenty years Beliveau has worked with major pharmaceutical groups to identify the mechanisms that make anticancer medicines work and to reduce their side effects. One day his laboratory moved to new premises, within the children's hospital of the University of Montreal. There everything changed.

First he is invited to look for complementary approaches capable of reducing the toxicity and improving the efficacy of chemotherapy and radiotherapy. "Anything you can find to help us care for our children. Anything that can be combined with existing treatments. Even diet."

Diet - the very concept was foreign to the medical pharmacology that Beliveau had practised for over twenty years. But now, every day on his way to his laboratory he walked through the department caring for children with leukemia. The hardest part was being stopped by questioning children. He was profoundly shaken, and his mind was in turmoil.

Then came Lenny's wife's call. She could hardly speak. She pleaded for a little more time. Lenny would try anything. They had nothing to lose.

Beliveau began combing through the scientific literature. Progress was slow; there were few trials on cancer of the pancreas. Undaunted, Beliveau pressed on. Over a whole weekend he went over the Medline database. He gathered articles about foods that had a demonstrated effect in fighting cancer. After two days of intense work, he produced a first list of "foods that fight cancer." The list included cabbage, broccoli, garlic, soy, green tea, turmeric, raspberries, blueberries and dark chocolate. Then he called Lenny's wife with the list and instructions. Foods from this list must be eaten at every meal with no exceptions. They are not to be eaten only occasionally. You must not depart from this list. He also told her that all fats except olive oil are out, so as to avoid inflammation-promoting omega-6s.

Lenny's wife followed Beliveau's directions scrupulously. Over the phone she still wept. Then, after two weeks her voice changed. "It's the first time he has gotten up in the last four months. Today he ate with a good appetite." Day after day the improvement was confirmed.

Lenny survived four and a half years. For a long time his tumor was stable and even regressed. He went back to his usual occupations and to his travels. His oncologist in New York said he had never seen anything like it. For awhile it was like Lenny carried around his cancer without being sick, though his body eventually succumbed.

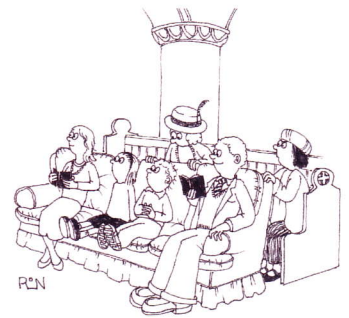
Afterwards, Beliveau reflected, "it was only a single case. It was impossible to draw any conclusions. But all the same... what if it were possible?" Now today, after much further work, we do have the book **Foods that Fight Cancer** to help us on our journey.

(from Charlie Cameron)





Installing the new Coolroom on the North side of the Parish Hall - some inside and outside views



Regular worshippers were upgraded to first class



**OCTOBER IS  
CHRISTMAS  
BOX  
MONTH!!!**

**.... BUT NOW IS  
THE TIME TO START  
THINKING ABOUT THEM!  
START SAVING ITEMS FOR  
THE CHRISTMAS BOXES,  
AND WATCH THE PARISH  
PRESS FOR DETAILS &  
DATES !!**

## Footy Parking for 2015

# UPDATE!!!!



Well, sadly, 2015 will be the first in 9 years that the Cats won't be playing in the Finals... But, hey, it's been a good run for a long time. Now the re-building starts. But from a fund-raising perspective, Footy Parking continues to be important for Christ Church. As at the time of printing, with the final home game next weekend, Footy parking has raised just on \$3000 and all this without any cost to the Parish, and needing only a couple of hours on each home game.

Apart from being an important showcase for Christ Church, these matches are the easiest fund raising for the Parish ever - you just have to look sympathetic when fans suggest that their team might win... and for this they pay us a parking fee!

Why not join the Footy Parking Team for 2016 - even just for the odd match? Watch the Parish Press for details or contact Peter Dohnt (52214704) or Phillip Swain (52219956).



**BREKKY  
@ CHRIST  
CHURCH**

(from Laurie Christian, & Jenny & Les Harrison)

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

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







## Parking at Christ Church

Please remember that 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 copy of a recent 2015 Parish Press or Chronicle**



..and please park adjacent to the School Room.

## 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)
- Joining the **Parish Council** (or a sub-committees.

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



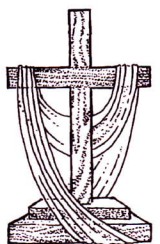
"Goodness! it is time for Christmas Fair organising, carol service planning and nativity play rehearsals already!!"



**Saturday Club  
Lunch at Leura  
Park Winery -  
5 July 2015**



(L) New arrival  
- Brentley  
James Peek  
B. 6th August  
2015



## The Choir ... then and now....

At left is a photo (taken by David Osborne - thanks!) of the Choir, with Winton and Fr Russell - and the new robes look just great!

... and quite a contrast to the robes of yester-year!



**Doc- Dr Alice Betteridge** of  
**Philosophy (PhD), Wine Microbiology and Microbial Biotechnology**

2010 - 2013

Project title: Enhanced wine-making efficiency through fool-proof malolactic fermentation: