



Maranatha Newsletter

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MANAGER'S MESSAGE

Another Winter season has passed and Spring is in the air. In Queensland, this is evidenced by the longer days, warmer nights and an increasing number of fluffy white clouds occasionally meandering across the azure sky.

Spring is the season of new beginnings, new life and new hope and although we don't experience the earth awakening from her long winter sleep in the dramatic manner seen in the northern hemisphere we still feel some optimism that the darker, cooler days of winter are gone.

I wonder if in this year of uncertainty and unexpected difference we will still feel the hope that spring usually awakens in our hearts.

At Maranatha, and in Queensland generally, we have been inconvenienced by the advent of the coronavirus pandemic and sadly we have had to restrict access to visiting and activities but we have so far avoided the horrors of infection that we have witnessed across the world and now see unfolding in parts of Australia. Life for us has largely continued as normal - or more correctly the "new normal." Over the past few months, we have had a steep learning curve in the use of

social media and technology and we are all now Skyping, FaceTiming and Zooming as if we were born to it! Well, maybe that is not the impression anyone born after 1990 would have, but all of us technological primitives feel quite accomplished and can now talk the talk even if we can't quite walk the walk!

As the next chapter, the economic fallout, in this pandemic saga unfolds over the next few months, we will all begin to realise the full extent of the disruption the covid contagion has caused our country. Some of you reading this message may remember the Great Depression of the 1930s but most of us would not have experienced anything on this scale in our lifetimes. I recall talking to my father, a child of the 1930 depression years, about memories of his childhood. Even although people of that era must have experienced severe hardship, Dad and others who lived through the Great Depression often recall those years with fondness. There seems to have been a camaraderie born of adversity, a community spirit and a generosity to others which we have lost in our busy 21st century lives.

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Manager's Message

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As we wade deep into the last part of the year and follow the murky path of this pandemic, we must rekindle the sense of community and caring that our parents and grandparents relied upon help them through hardships of the past. At Maranatha, we will be watching out for our residents and colleagues and lending a hand where we can. I intend to carry this on into my personal life but I am well aware that "the road to Hell is paved with good intentions" so I must be vigilant to avoid falling into my usual state of torpor and inactivity as the days, weeks and months pass.

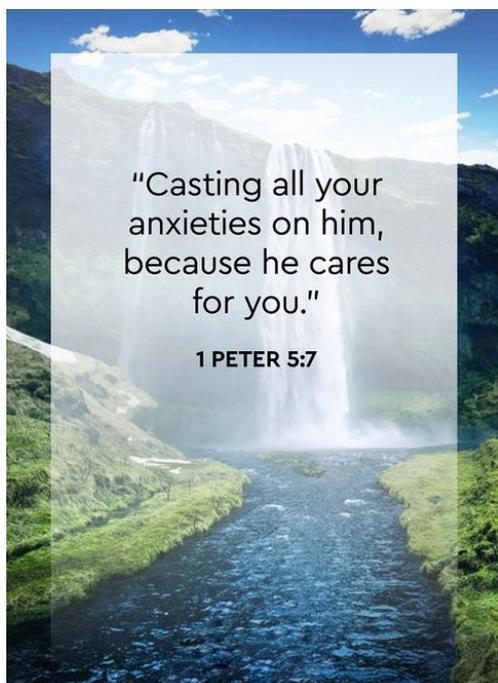
I think the key to defeating Coronavirus is more than just sitting tight and waiting for a vaccine. Our real strength against this foe is our ability to turn adversity into opportunity. To see the situations we, our loved ones and others are facing and ask ourselves, what can I do to help? It might be something as small as a kind word but as with any act of kindness both the giver and the receiver are enriched.



As I said at the beginning of this message. Spring is the season of new beginnings and hope. This year we have the opportunity to feel that hope even more keenly than ever and to adopt an attitude of patient optimism so we can identify the opportunities we are being given to expand our lives by helping and supporting others.

Until I write the next message to you in a few months' time it is my hope and prayer that you and yours will remain safe.

Kind Regards, **Kathy Hallmark** - Director of Consumer Care & Services



Do you have something/someone you would like to pray for?

Ask a nurse/receptionist for a prayer request card.



Bereavements

Our deepest sympathies have gone out to the families who have lost their loved ones over the Winter period.



Upcoming Events

SEPTEMBER

- 1 First Day of Spring
- 9 Wayne's Music 2pm (Side One)
- 10 R U OK? Day
- 16 Talk Like a Pirate Day
- 16 Wayne's Music 2pm (Side Two)
- 21-27 Dementia Action Week

OCTOBER

- 1 International Day of Older Persons
- 5 Queen's Birthday
- 7 Wayne's Music 2pm (Side One)
- 13 World Kindness Day
- 14 Wayne's Music 2pm (Side Two)
- 31 Halloween

NOVEMBER

- 3 Melbourne Cup Day
- 4 Wayne's Music 2pm (Side One)
- 11 Remembrance Day
- 18 Wayne's Music 2pm (Side Two)



For all the latest news
& photos follow us
on Facebook

[facebook.com/
christadelphianagedcare](https://www.facebook.com/christadelphianagedcare)

SEPTEMBER	OCTOBER	NOVEMBER
4 Monica M	2 Kay P	2 Shirley S
5 Dot S	14 Mavis R	4 Edith W
6 Margaret P	18 Eric H	6 Ethel M
7 Lesley P	21 Nola R	8 Shirley T
8 Gladys T	26 Neville R	9 Edna R
10 Pat F	31 Carol S	11 Poppy C
17 Robert M		11 Phyllis M
18 John D C		14 Shirley W
22 Auriel R		15 Harry G
24 Lorna L		18 John D
		22 Joan C
		29 Con M
		29 Mary T
		30 Jean W



ILU BIRTHDAYS		
SEPTEMBER	OCTOBER	NOVEMBER
4 Mark W	1 John B	5 Beth A
6 Ailsa M	3 Theresita M	15 Carmel W
11 Joan M	7 Mavis R	17 Merle F
18 Len M	7 Geoff A	20 Faye H
	9 Rosemary W	20 Helen B
	15 Lyn H	
	20 Rhonda M	
	26 Phyllis C	
	28 Peter C	
	29 Olly D	



Activity Reviews



CURRY DAY - June 2

Both Staff and Residents enjoyed dressing up to celebrate Curry Day including Armchair Travel to India. Residents enjoyed an education morning about Indian Culture. Sodexo cooked up some beautiful curry dishes and Rice for Residents to enjoy while Staff had a shared lunch.



CRAZY HAIR DAY - June 9

Staff wore crazy and wacky hair for this day and the residents enjoyed looking at some interesting hair designs worn by staff.

Pizza Making



Ice Cream Trolley



Dell's Cafe



Morning Walks



Activity Reviews



MEN'S HEALTH WEEK - June 15-21

In Australia, Men's Health Week provides a platform for challenging and debating key issues in men's health and to raise the profile of men, their health outcomes and health needs around the country each June. Our approach celebrates the strengths of men, the contributions they make and the important role they play in society. It is a week of celebration and engagement of men with a serving of health on the side.

Staff dressed up all week in High Vis, Flanney's, Bucket Hat and Fishing Shirts. Male residents enjoyed activities throughout the week including a Pop up Bar in the afternoon and Sodexo BBQ out on the front veranda. A huge thank you to Marguerite from Sodexo for all the hard work and effort her team put into making this week a huge success.

We had a resident's photo morning, residents lined up for a photo taken outside. Leisure and Lifestyle Team along with volunteers worked together for a smoothly run photo session.



Carmen from Sodexo whipped up another epic cake for residents celebrating their birthday in June.



Pat



Joan J



Joan S

Activity Photos



JULY - This month brought about a lot of challenges and changes and Maranatha has been split into Side One and Side Two. The Leisure and Lifestyle Team have been running activities on both Sides and cleaning all equipment in between.

We thank everyone for their patience during the last couple of months.

<-- Floristry Arrangements

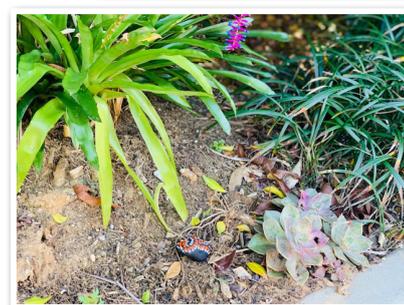
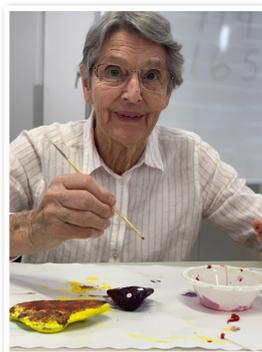
Sunshine Therapy - Icecream



PAINTED ROCKS

Residents enjoyed painting and decorating rocks during Art sessions. We added a silver glitter paint so they sparkled out in the sunshine.

The painted rocks have been placed by residents on the paths outside. Leisure and Lifestyle staff and residents are enjoying pointing them out on morning walks outside around the facility.



Resident Story

Joan Jackson



I was born in June 1933 at Albion, Brisbane. My parents were Maurice and Violet (Hazel) Fitzgerald and I am the eldest of three girls; my sisters are Barbara and Carol.

My father Maurice was a highly skilled saddler and worked at CA Stephan Saddlery based at Albion Fiveways where he specialised in making premium custom horse racing saddles and bridles. My Mother worked at the RBH and then later at Chermiside Hospital as a Canteen Supervisor, and then as a Pink Lady when she retired.

I attended Woolloowin State School until Year 7. Everything was locally CBD based back in those days and areas like Kallangur, where Maranatha resides, were "out in the sticks".

When I was in my mid-teens in the late 1940's, I worked for TC Beirne & Co (at that time a major Fortitude Valley Dept. Store) as a junior sales assistant/change tube runner and with the encouragement of a senior work colleague, enrolled at Stott's Business and

Secretarial College. I attended at night after work to learn shorthand, typing and advanced secretarial skills. I found I enjoyed this training very much and with a lot of hard work and much practice, in time, became a sought after, highly accurate, high speed typist. This training enabled me to then move into the main office at TC Beirne, and I joined the main Typing Pool group. After a period working there in the Typing Pool honing my skills, from the referral of the TC Beirne Legal Section, I was head hunted to work for Steindl - Wardrobe & Co, a leading Queen Street, Brisbane based legal firm, when I was 18.

Working at this top solicitor firm was particularly challenging... personally very demanding and I learnt a great deal about a large legal firm operation very quickly. Initially, I started as a Typist/Legal Assistant and then over time, worked my way up to being the PA for the firm's top solicitor, Mr Steindl. I enjoyed working within strict timelines, with everyone in the office under pressure. Having also acquired through Stott's the accurate high level shorthand skills needed to work in this intense legal environment, it enabled me to prove myself on a daily basis, which I found extremely rewarding.

I worked there for almost 8 years up until I was pregnant with our first and only child. Due to it resulting in being quite a difficult pregnancy, I had to leave working at S-W & Co completely and rest to ensure the pregnancy was a success... much to the regret of my employers losing me.

Our Fitzgerald Family used to go down to Wynnum and Lota each holiday period for the camping grounds there, which was a very popular seaside holiday place to go at that time, and it was here in my mid-teens that I first met my future husband, Errol Jackson.

He was an accomplished cyclist and used to race at Hawthorn Park Cycling Track and won many events there, as well as at other track venues we travelled to at Ipswich and Gold Coast. He also successfully competed in many varied format competition Road Race cycling events. He was a member of Kangaroo Point Cycling Club - which all these 70 odd years later, still exists today! We used to go watch and to cheer him on, but I could not bare it if he crashed and saw him getting hurt, so eventually, in his mid-twenties he stopped racing and then took up playing on the weekends - a strange game I knew little about, called golf.

After about a three year courtship, we were married in the Holy Trinity Church in Fortitude Valley on 21 June 1952. I was 19 and Errol was 23.

For a few years after, we were living at Clayfield and later built our first home in 1958 at Hendra. Owning a low set home located on lower ground and at the back side of Westfield's new development (which started the extensive ground works preparation a few years after we moved in) of the Toombul Shopping Town Complex - we later found out was not ideal. We sold up and moved to our future permanent home at Geebung Heights in 1964, where we stayed till 2004 - far away from the Kedron Brook flood waters that then soaked lower Hendra every time a large storm hit!

My husband Errol was an A Grade Motor Mechanic and he worked at Unilever Australia's Brisbane based branch located at Bowen Hills, where he was responsible for the maintenance of the SPD delivery fleet of trucks and trailers as well as the upkeep of the warehouse machinery and Sales Rep vehicles. Later, after almost 30 years of service at Unilever, he moved to a similar role at Myer Dept. Stores Garages in the Valley, prior to an early retirement. After 8 years of marriage in 1960 (after many attempts of starting a family previously), we finally were blessed with our only son Russell, after as mentioned, a difficult pregnancy. I did not return to full time work back at Steindl's, opting to be a stay at home Mum until (as it turned out), Russ was nearing High School age.

When I again returned to full time work, I found myself at Bendix Furniture where I was in charge of payroll, many key office jobs and was also PA to the MD. Later when the computer age arrived, I was charged with being responsible for the development of a complete stock and parts inventory coding tracking computer program for the factory, something that I was most proud of seeing come to fruition. I stayed at Bendix until retirement.

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Later when the computer age arrived, I was charged with being responsible for the development of a complete stock and parts inventory coding tracking computer program for the factory, something that I was most proud of seeing come to fruition. I stayed at Bendix until retirement.

Errol and I loved to attend many classical music and operatic concerts, even travelling to Sydney Opera House for some of the concerts, which at that time was a big deal. We also enjoyed going to events held at Brisbane City Hall and also for afternoon lawn concerts on weekends at the City Botanical Gardens by the Brisbane River. Errol tragically passed away in 1996 after a minor day surgery operation/complication preceded many (12) subsequent operations to try and save him – over a six month hospital period from Hell.

He was an intelligent, witty, gentle, caring man and well-liked by all who came to know him. Sadly, these treasured outings together ended for me when I lost him, as went the chance for much retirement travelling together to see a lot more of Australia and beyond.... I never re-married.

One Sunday, when my son Russ was about five years old, Errol asked me along for an early morning outing with him and his two older brothers on the golf course at Nudgee. I agreed to go along to see what it was all about. I was never really much into personal sport; I loved sewing, knitting and also craft as a hobby (although I was quite a good swimmer when in my youth). I discovered on that Sunday morning outing, I relished the personal challenge that the game offered. I went a couple of more times and soon after I had purchased my own clubs and was having professional golfing lessons! It was me who first ended up joining the Nudgee Club and then encouraged Errol to join up, Russ later following suit when old enough.

Being a keen sewer, I liked to make all my own golfing outfits and most of my regular daily wear clothing as well, so this was an added joy for me. I also was very keen at completing cross-stitch projects, my family encouraging me to do some high detail very complex designs and enter them in the RNA Show Competitions over a number of years, of which one year I was fortunate enough (and thrilled) to win one of the category awards.

I loved playing golf and played the sport competitively and socially for over 40 years and proudly played Ladies Pennants for all three of the larger Golf Australia (AGU) affiliated clubs I was to be a member of over that time. They were great times and I made many valued friendships.

My most proud individual golfing achievement was being a recipient of the QLGU Brooch Award - (QLD Ladies Golf Union), of which only a handful are awarded each golf season across Queensland. This coveted prestigious pin badge award was determined over an extended season long competition period and is judged on consistency of scoring average over many individual competitions of Monthly Medal stroke events. Now known currently as the GQ Brooch (Golf QLD).

We all decided to leave Nudgee for pastures new in the very late 1970's and joined up over at Redcliffe Golf Club. After many happy years and seasons there, I then moved to Virginia Golf Club, which was closer to home at Geebung.

After Errol's tragic death, I needed a new golf home. I was elected to proudly serve as Treasurer on the Ladies Committee at Virginia, working closely with the Club Captain and President, I enjoyed fulfilling this key Committee position over a three year stint. Eventually, I decided that I could not play anymore, competitively or socially, with my playing days sadly finishing in 2012 when the arthritis in my hands prevented me from being able to securely grip the club correctly any longer.

In 2004, I moved from Geebung to be at North Lakes and purchased a small new home to be nearby to my son, his lovely wife Bernadette and their then young family. In 2015, I then moved into a new granny flat constructed beside their home which backed onto North Lakes Golf Course, the daily views out from my unit and my afternoon walks along the adjoining street running beside the course. I sadly miss watching the golfers at play. I am Nana to three lovely Grandsons - Jarred, Jonathan and Jeremy, with eldest Jarred now engaged to a sweet, intelligent young lady named Lara. They are to be married next year and we are all extremely excited for their big day to come.

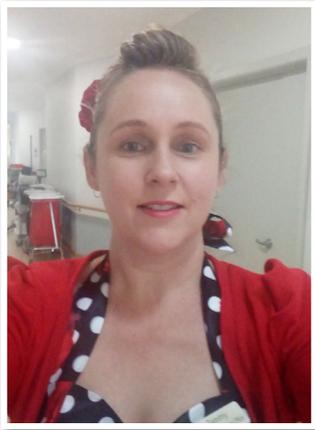
In late 2017, I hit my head and suffered a broken right hip in a fall, whilst out shopping. After I successfully physically recovered from my corrective hip surgery, I moved into Maranatha to be under full time care here. Sadly, the head injury I suffered triggered a level of Dementia deemed by Doctors that I could not continue to live independently where I was previously.

I love spending the remaining days I have - going to and assisting with where I can the organised activities, colouring in varied patterned sheets (as I cannot do cross-stitch any longer), tending to my Bonsai and going outside for a walk each weekday morning with some lovely friends I have now made.



Staff Profile

Tammy Hall



Hi I'm Tammy, Leisure and Lifestyle Assistant at Maranatha Aged Care.

I was born in the beautiful sleepy town of Murwillumbah near Mount Warning. I have two older brothers and one younger sister. We spent our holidays camping near the beach or with family and friends. We were kept busy with Jazz, Tap and Ballet lessons, Eisteddfods, Concerts and Swimming Club.

I spent mornings before school with my Grandparents cutting and arranging flowers for school and church. I did not inherit my Grandfather's green thumb but both shared a love for Azalea's.

Later we moved down to Maclean, the Scottish town in Australia. Our school uniform was made of tartan and our school song was sung to the tune of 'Scotland the Brave'. I grew to love the bagpipe bands and spent many a day swimming at the beach in Yamba with friends.

My first interest into the human services began in High School, when the local Saint Vincent De Paul Society was looking for volunteers to train to be camp leaders for disadvantaged youths. I loved the camps and the children, they were keen for a challenge and some well-earned fun in the sun. I stayed with Vinnies for years spending holidays supporting and encouraging youths; I even did a stint as the Saint Therese President for a year.

Enjoying the challenge and the escape, I joined the Young Endeavour youth scheme, sailing a Brigantine tall ship from Brisbane to Mackay. I was a complete sailing novice and terrified of heights, I certainly had some tests ahead of me. With some youthful exuberance, I embraced the experience and by the end of our ten day voyage, I was keenly climbing the mast and setting the rigging with glee.

I moved to Lismore to study Human Services, where I met my future husband Clint. We dated for 5 years, moving to the North of Brisbane before tying the knot back in Yamba in 2002. We welcomed our daughter Lilly Marie into the world in 2005, and she was later joined by our son Nathaniel in 2007. I was fortunate enough to be able to be a stay at home mum, playing and being crafty with my children. Once the children went off to school I enjoyed volunteering in classrooms, reading groups, canteen and school fundraisers.



My children were growing and I needed a new challenge, so I began volunteering at Maranatha, taking residents out for walks, chats and often working alongside the Leisure and Lifestyle staff. I thoroughly enjoyed working with the residents and staff so I applied for a position as part of the Leisure and Lifestyle team. I have found the working in this position fun, fulfilling and meaningful, and my aim is to instil these feelings in the residents through our activities program.

My hobbies include completing crafty pursuits, currently I'm trying my hand at diamond art, and reading.

As a family, we all love to spend time in the water; kayaking, swimming and snorkelling. Our favourite holiday so far has been Thailand, with the highlight being hand feeding the elephants, scrubbing them down with a mud bath, which turned into an epic mud fight followed by a swim with the elephants. Lately, the holidays are a lot closer to home, putting the tent up in the backyard, fairy lights in the clothesline and a good old marshmallow roasting over an open fire with friends.





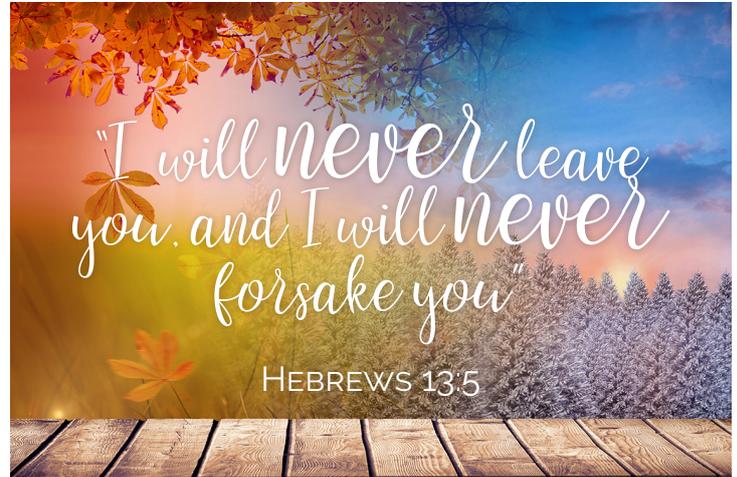
SEASONS... TIMES

By Ruth Njogah - Volunteer & Pastoral Care Coordinator, SOUTHHAVEN

The year 2017 was marked by a very tough season in my life. It was unexpected and landed me on a two-year recovery journey. The season seemed difficult because I could not see its end nor could I change a thing. I was far away from home as my family was in the middle of a transition across three continents!

My husband and I, with our two children, had set off to Australia with a short detour via the US in light of my husband's work. We had planned to be in the US for three to five months but ended up there for a year. We had wrapped up our lives into five suitcases and embarked on a journey. We knew our eventual destination but had no idea what hurdles lay in store.

When I look back at the past year and a half in Australia, we have been through a severe drought following the hottest recorded year for Australia-2019. We have experienced flash floods with severe storms and one of the worst uncontrollable and destructive bush fires in history. The world has battled and continues to battle some of the most ruthless killers in history - pandemics of Influenza, Smallpox, Cholera and the Bubonic Plague. Tough seasons seem to linger longer than we want... causing anxiety, great loss, pain and hopelessness. Well... these seasons may have seemed unending for those who have lived through them. But here we are, past the drought, the floods and the fires. And now we are facing yet another Pandemic that has gripped the whole world, namely Coronavirus (COVID-19)!



The Bible affirms that the occurrence of good and bad times in our lives is normal and inevitable. When we face the unknown, God promises to be with us - we can trust that He is in control.

Most regions of the world enjoy four seasons in a year: Spring, Summer, Autumn and Winter. However, the 4 seasons differ all around the world with regards to timing, duration and severity. For instance, although New Zealand has 4 seasons, they can all be experienced in one day! That is quite mind boggling for me coming from a part of the world with a moderate climate of 2 seasons. Life can definitely feel like that sometimes! Experiencing one tragedy after another.

In his book, Jim Rohn show cases the parallels between life and the changing seasons. Seasons will change without fail; impacting and bringing about change in our mood, our lives and perspectives (*Rohn, 2010*).

When I think back at the tough seasons I have faced, it has been encouraging to find support or receive the gift of presence from those around me.

Going back to my story above, I believe God used those around me to walk the recovery journey with me. I underwent a surgery that landed me back in hospital one week later with severe long-term complications. Moreover, I am forever indebted to my doctor; my parents who travelled across the oceans to encourage my family and I; my husband who spent nights on the hospital couch through the cold winter nights and walked the hospital corridors with me day after day; the church family that cared for us in a foreign land making sure we had a hot meal every evening!

Life will present seasons of doubt, anger, hopelessness,

fear, loss and pain. We will experience seasons of joy, a time of celebration, a moment of peace. In all these seasons, the burden seems to be lighter and the joy greater when we have someone to share our pain with; when we have someone to rejoice and celebrate with us. It's in the toughest of seasons that I have experienced God's *provision*, His *protection* and *presence*.

What a privilege it is to walk alongside others. **Pastoral care is such a precious gift - allowing us the opportunity to journey with others through seasons of life.**

Above all, we have a friend who promises to be ever present. Present to make a divine difference! Jesus wept when his friend Lazarus died - he wept as he saw the grief and despair in Mary and Martha. Equally, Jesus was present at the party- the wedding at Cana. Jesus was present in both scenarios in response to an invitation!

Life, like climate is dynamic. Each season has a purpose. The Winter (a time for plants to store up energy for new growth), will eventually give way to Spring (a time of new life); Spring give way to Summer (a time of growth) and the Summer give way to Autumn (a time of harvest and abundance)!

Seasons may leave behind scars and tears, evidence of pain and loss; but we continue to hope beyond what we can see or feel.

"Because with time, faith and love, even our scars can become beautiful." - Lauren Scruggs

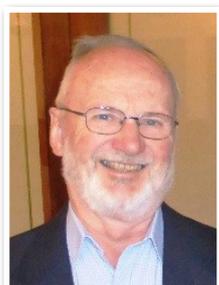
Pastoral Care Program



NEW MEDITATIONS WEBSITE - www.meditations.website

One 'side-effect' of COVID-19 has been the need to think creatively about the way pastoral care services are delivered in aged care homes. This challenge has been addressed by a number of people who have banded together to look at one way residents can be assisted in their regular meditations. Laurence Lepherd, from Toowoomba, has put together a small team of contributors to prepare online meditations to help people think about their lives. For many, the restricted movements in their lives has resulted in more time to think.

Carmel Hayden, our Pastoral Care Co-ordinator, has worked on the concept with Laurence resulting in a suite of meditations that consist of Bible readings, spoken meditations and gentle music to accompany some photos of God's spectacular creation. He has been helped in this by members of his family - David, Louise, Jonathan and Tabitha Buttsworth, and others who are very enthusiastic about the idea - Luke Riley, Robyn Anderson, Peter Collins, Beth Errington and John Quill.



Laurence Lepherd



Louise & David Buttsworth



Tabitha Buttsworth



Jonathan Buttsworth

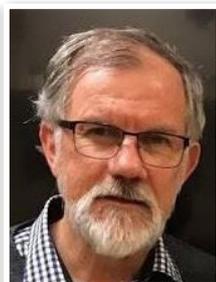
Some of those mentioned also volunteer at Maranatha Aged Care in various other capacities. Laurence, Louise and Robyn are all recognised pastoral carers and are volunteers at the Toowoomba Hospital Pastoral Care Services.



Luke Riley



Robyn Anderson



Peter Collins

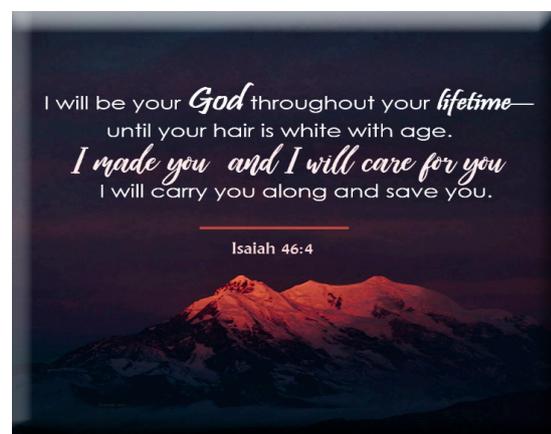


Beth Errington

The website has all the meditations as separate items that can be accessed by residents. Many of the items have been grouped together into 10-12 minute presentations that are streamed at Maranatha as part of their religious & spiritual program.

The team hopes that the website will lead people to be more at ease with some of the exceptionally difficult circumstances they face because of the pandemic.

Please take a look if you have not done so already:
www.meditations.website



'Supporting Maranatha resident's emotional & spiritual wellbeing'

Maranatha offers regular Pastoral Care visits to all residents

Please do not hesitate to contact our Spiritual Care Coordinator at her desk in Sunnyside Room or:

Carmel Hayden on (07) 3482 5333 or chayden@chomes.com.au

Pastoral Care Program



UPCOMING RELIGIOUS SERVICES

Please let staff know should you require assistance in getting to any of these services.

PLEASE NOTE: During COVID visiting restriction periods - these activities may be cancelled or changed at any time.
(please check your programs as subject to change)

BIBLE READING GROUP

When: Tuesday - Friday at 9.15am-9.45am

Where: Activity Hall

What: Bible readings, hymns & prayer

- ALL WELCOME -



CHRISTADELPHIAN MEMORIAL MEETING

When: Monday Morning (weekly)
at 9.15am - 9.45am

Where: Activity Hall
(or via CCTV Channel 4)

Who: Christadelphian
members/volunteers

- ALL WELCOME -



CHRISTADELPHIAN
AGED CARE

INTERFAITH RELIGIOUS SERVICE

When: 2nd & 4th Wednesday (monthly)
at 9.15am - 9.45am

Where: Activity Hall
(or via CCTV Channel 4)

Who: Minister Alwyn Neuendorf



- ALL -
WELCOME

PRAISE & DEVOTION SESSIONS

including Christian songs of praise & worship

When: 1st & 3rd Thursday (monthly)
at 9.15am - 9.45am

Where: Activity Hall
(or via CCTV Channel 4)

Who: Pastor Peter
Potters House Church

- ALL WELCOME -

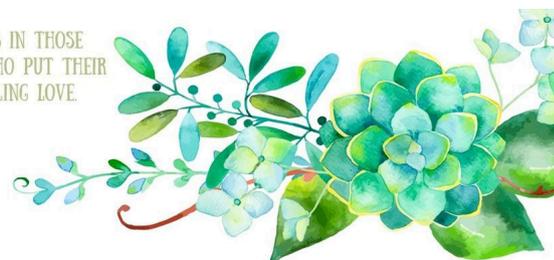


RELIGIOUS & SPIRITUAL STREAMING CHANNEL - 4 Maranatha

If you are looking for
some inspirational
spiritual music, tune into
channel 4 Maranatha to
see what's on.



THE LORD DELIGHTS IN THOSE
WHO FEAR HIM, WHO PUT THEIR
HOPE IN HIS UNFAILING LOVE.
PSALM 147:11



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Volunteers IN THE Spotlight

CATHOLIC PASTORAL CARE TEAM

Carole, Lesley, Carmel & Lyn – PETRIE CATHOLIC PARISH



What a privilege to be invited to visit elderly residents who often find this stage of their lives so confronting. The pain of loss of home, loved ones, way of life and some abilities, anxiety about health, a new place and people, different food and constant memories can become too hard to bear. Everything has changed!

Medical staff, management, carers, cooks and a host of qualified and caring staff work diligently to make a welcoming home for each resident despite restrictions on time and schedules.

But PASTORAL CARE offers something different, companions on the journey!

We bring assurance that each one is still a valued member of the faith community which has nurtured him/her, sometimes for many years and continues to listen, comfort, encourage, sympathise and just be with resident in whatever today brings; be it pain, sorrow, anxiety or celebration, gratitude and joyful memories. Not forgotten.

As they become comfortable with our visits, they may choose to share prayer, receive Holy Communion, discuss some of the gospel stories of Jesus' teachings which may have sustained them through long and faithful lives and continues to do so now as life nears its end. Those of us who can, gather regularly with our Parish Priest to celebrate Mass and sing some of the old well remembered Hymns that bring smiles and often tears.

Each of us on the Parish team enjoys and appreciates the time we can spend with 'our' residents, knowing that what we might give of ourselves is abundantly returned in their generous responses, especially when sharing our faith and hope in the good Lord we have loved and tried to follow for so long. 'Our' residents inspire us with their patience and perseverance, with their wisdom and kindness. We are blessed with the grace and mercy of our always loving Father God.

As volunteers, all four of us have many years' experience in Pastoral care with the sick and elderly within Our Lady Way Parish at Petrie. **Carmel** also volunteers at Mercy Aged Care, playing the piano for community singing. She has been at Maranatha for some 6 years. **Carole** has worked in a previous parish for 15 years and within Petrie Parish and Maranatha for another 9 years. **Lesley** has faithfully volunteered within the parish and at Maranatha for well over 20 years. **Lyn's** training has allowed her hospital chaplaincy as well as work in other nursing homes and the parish. She has been at Maranatha for nearly 6 years. We are women with varied interests including:-

Lesley: mah-jong, exercise, gardening & socialising

Lyn: art, painting, reading, walking, dancing, creative

Carole: yoga, gardening, mah-jong, reading & probus club

writing with U3A

Carmel: music & gardening

And of course, each of us treasures precious time with our adult children, grandchildren and great grandchildren, our siblings, nieces and nephews. We love the work we do – a challenge and inspiration. Truly a gift and a privilege.

If you are interested in joining the Volunteer program, please do not hesitate to contact me:



Carmel Hayden

SPIRITUAL CARE COORDINATOR

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p: (07) 3482 5316

A famous dog once came to town
Known to his friends as Pete
His pedigree was ten yards long
His looks were hard to beat
And as he trotted down the road
'Twas beautiful to see
His work at every corner
Every post and every tree
He never missed a land mark
He never missed a post
For piddling was his masterpiece
And piddling pleased him most
The city dogs stood looking on
In deep and jealous rage
To see this little country dog
The piddler of his age
They smelt his efforts one by one
They smelt him two by two
But noble Pete in high
Disdain Stood still 'til they were through
Then when they'd smelt him everywhere
The praise for him ran high
But when one smelt him underneath
Pete piddled in his eye
Just then to show these city dogs
He didn't care a damn
He strolled into the grocers shop
And piddled on the ham

He piddled on the cornflakes
He piddled on the floor
And when the grocer threw him out
He piddled on the door
Behind him all the city dogs
Debated what to do
They'd hold a piddling carnival
The hoop they'd put him through
They showed him all the piddling posts
They knew about the town
And off they set with many a wink
To wear the stranger down
But Pete was with them all the way
With vigour and with vim
A thousand piddles more or less
Were all the same to him
And on and on went noble Pete
As tireless as a windmill
And very soon those city dogs
Were piddled to a standstill
Then Pete an exhibition gave
Of all the ways to piddle
With double drips and fancy flips
And now and then a dribble
The city dogs said farewell Pete
Your piddling did defeat us
But no one ever put them wise
That Pete... had *diabetes*.

Thanks to Jim Moore
for this poem



Muckamore

by Elvor Moore

We walked the banks
We walked the banks
Picked the wild flowers
Watched the cricket
Lazily for hours.

Meandered to school
In the rain and snow
Looked across at Lough Neagh
Admired a rainbow.

Smelt the Hawthorn
The first signs of Spring
Hastened to Church
As we heard the Bell ring
Walked over the bridge
That spans the six mile
Played in the fields
As the sun on us smiled.

Home in that Valley
One I'll always adore
So deep in my memory
My own "Muckamore".



SPRING CLEANING TIPS

Finally, springtime is knocking at our door! After winter, we're ready to swing open the windows and let the fresh air flow in. Spring is a season of renewal. Symbolically, it's when nature comes alive again: blooming flowers, baby animals and cleansing rain showers!

Many people grew up with a seasonal tradition: the spring-cleaning. It's an annual reminder its time to clean house and de-clutter. For seniors, it's a great way to shake the winter blues and reminisce. Many older adults are rejuvenated by the warming weather and sunshine. A cleanup confers health benefits as well: reducing symptoms of respiratory illness and risk for falling. A good cleaning is beneficial both physically and emotionally!



Spring Cleaning To-Do List:

- Clean out bedside drawers and sort books/magazines
- Check medicines, fridge and pantry for any expired items
- Open windows to circulate fresh air
- De-clutter; remove objects that obstruct the flow such as unnecessary furniture
- Bust dust - photos, wall art, blinds, vents & light bulbs

Father's Day Jokes

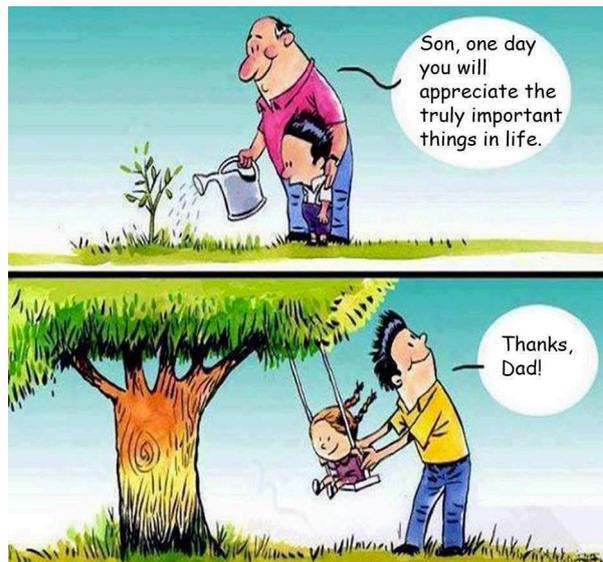
Q: What did the daddy tomato say to the baby tomato? A: Catch up!

Q: Why are Fathers like parking spaces? A: The good ones are already taken!

Q: Why did the cookie cry? A: Because his father was a wafer so long!

Q: What did daddy spider say to baby spider? A: You spend too much time on the web.

Q: Why did the baby strawberry cry? A: Because his dad was in a jam!



Flourless Lemon Buttermilk Cake

Ingredients

- 4 eggs, separated
- 100g (1/2 cup) caster sugar
- 1 tablespoon finely grated lemon rind
- 125ml (1/2 cup) buttermilk
- 200g (2 cups) almond meal
- 1 teaspoon baking powder
- Pinch of salt
- Lemon zest, to serve

Glacé Icing

- 150g (1 cup) icing sugar mixture, sifted
- 2 1/2 tablespoons fresh lemon juice

Tip: Strain the fresh lemon juice through a small strainer to achieve a smooth texture for the icing.



Prep: 75 min Cook: 40 min

1. Preheat oven to 180C/160C fan forced. Grease a 20cm springform pan and line the base and side with baking paper.
2. Combine the egg yolks, caster sugar and lemon rind in a large mixing bowl. Use a whisk to whisk together until pale and creamy. Gradually beat in the buttermilk until combined. Stir in the almond meal, baking powder and salt.
3. Use electric beaters to beat the egg whites until soft peaks form. Add to the buttermilk mixture and fold until just combined. Transfer to the prepared pan and smooth the surface. Bake for 40 minutes or until cake springs back when lightly touched in the centre.
4. Set aside in the pan for 10 minutes to cool slightly before turning onto a wire rack to cool completely.
5. To make the glacé icing, place the icing sugar and lemon juice in a small bowl and stir until smooth. Drizzle over the cake. Sprinkle with extra lemon zest. Set aside for 1 hour or until set.



Puzzle Page

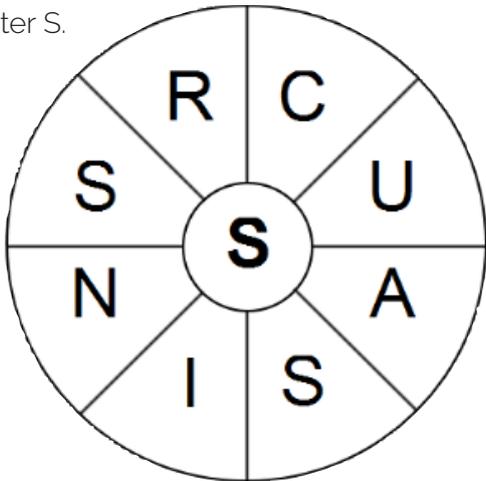


SPRING SUDOKU: FLOWER BUD

Fill in the grid with the letters F, L, O, W, E, R, B, U and D, making sure no letter is repeated in every row, every column and within each mini grid.

SPRING WORD WHEEL

This Spring themed word wheel is made from a 9 letter Spring themed word. Try and find that word, then make as many words of any length as you can from these letters. You can only use each letter once, and each word must include the letter S.



	w		b	o	d			
d			r	w	l	o		
		f	u	d	e	r		
f	r		l	e	u	o	d	
		b				w		
e		d	w		b	f	u	
		r	o	l	w	d		
u	d	l	e	b	r	o	w	f
	e						r	

SPOT THE DIFFERENCE

Can you spot the five differences between these two images?

