

The Gippsland Anglican

Volume 116, Number 10, November 2019

Published in Gippsland Diocese since 1904

Clean Slates – partnering justice and mental health

Cathrine Muston

Often we may feel our prayers go unheard, but there are practical ways in which the Gippsland Community Legal Service (GCLS), a program of Anglicare Victoria, has been working to seek justice for people with mental health issues through a health-justice partnership.

The Clean Slates project was set up to better address the interconnection between mental health and legal issues through a partnership with Latrobe Regional Hospital's Community Mental Health

Services (CMHS). The partnership aims to integrate health and legal services to provide a more holistic and timely service to clients that are known to not seek out support or assistance.

The aim of Clean Slates is to reduce the stress and worry that legal issues or problems could have on a client's sense of well-being and to have that reduced stress and worry reflected in better clinical outcomes for them.

People with a mental health illness are among the most vulnerable and disadvantaged in our community, often experiencing many and

complex social and legal issues, which can escalate and significantly impact their health and well-being. For example, people struggling with addiction or the impacts of family violence may also have legal issues that they feel unable to deal with on top of the daily struggle to manage their mental health.

The GCLS Clean Slates project provides a co-located community lawyer with CMHS to provide an integrated approach with easier and more timely access to legal services for people impacted by mental health issues. Lawyer David

New Mothers' Union president



Those at the annual meeting of Anglican Mothers' Union Australia at St George's Wonthaggi in October were the first to hear that Bishop Richard has appointed Maryann Ashton (right) of Leongatha Parish as the next Diocesan President of Mothers' Union in Gippsland. She will succeed Jenny MacRobb (left) of Warragul.

Wilkinson, who also has a background in working with mental health, is well placed to facilitate this partnership. He spends two days each week at the community-based mental health centre, providing both legal advice to clients and professional legal education to mental health professionals. Having a community-based lawyer within CMHS can result in earlier detection of legal needs and increased access to justice. David is also able to attend home visits with practitioners, which can reduce the stress that attending formal legal offices causes for clients.

The most prevalent issues for which people need legal assistance are family violence orders, family law issues, tenancy and accumulated fines. Being a service of Anglicare Victoria means that David can refer clients having trouble with their finances to our financial counselling

service, for further support.

Prevention and education are important aspects of empowering communities, and David's role enables him to provide this to both health professionals and individuals.

Luke 18:1-8 tells the parable of the woman who pleads with the judge for justice. What this story tells us is that praying for justice is an important part of the work of the church. Jesus encourages us to be persistent in our pleading with God for justice to prevail in the hope that, like the woman in the parable, there will be a just outcome. As a Church, this Gippsland partnership is one way in which our prayers for justice are being answered in our local area and this encourages us to persist in our prayers for just outcomes for the marginalised.

Cathrine Muston is
Community Development
Officer – Parish Partnerships
with Anglicare.



Jason Rantall (pictured) has struggled with his mental health for much of his life. Through running, becoming part of St Mary's Trafalgar, and with the support of his wife, Jason is choosing a better mental health path for the long run.

Read more of Jason's story on page 12, about Mental Health First Aid for teens on page 7 and about mental health and recovery from illness on page 11.

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In sure hands

This is the first edition of *TGA* under the editorship of Sally Woollett. Sally comes to the role with a wealth of experience in editing and publishing, and we are fortunate to have the services of someone with her expertise to lead the outreach of our diocesan newspaper. Sally is local to Gippsland, and a parent at St Paul's Anglican Grammar School, where her husband teaches. Welcome, Sally! Thank you also to outgoing Editor, Jan Down, who has been assisting 'behind the scenes' during the transition, and to colleagues on the Editorial Committee – Sue Jacka and Philip Muston – who have taken on extra responsibilities in recent weeks and months. Our readership is in sure hands.

As indeed is the 'whole world', according to the well-known chorus that celebrates our being divinely held. The Scriptures are replete with references to the hand or hands of God, often with specific application to the work of creation.

The two creation stories in Genesis point to the close connection between word and action in creation. In the first, God speaks the world

into being; in the second God sculpts *ha adam* – the earthling – from *ha adamah* – the dust of the earth.

God's 'authorship' of creation has been understood in Christian tradition in parallel with God's 'authorship' of Scripture. The concept of two organically related revelations in Scripture and Nature can be traced all the way back to Origen in the third century, and was revived by medieval scholars Hugh and Richard of Saint Victor.

Sixteenth-century Anglican luminary Richard Hooker (who is remembered in our lectionary in early November) took up the motif of God's 'two books' – the book of Scripture and the book of Nature – arguing in his *Laws of Ecclesiastical Polity* that these two 'texts' be read together in such a way as to be complementary and compatible: "It sufficeth therefore that Nature and Scripture do serve in such full sort, that they both jointly, and not severally either of them, be so complete, that unto everlasting felicity we need not the knowledge of any thing more than these two may easily furnish our minds with on all sides." (Laws I.xiv.5)

One of my favourite memories of teaching Religious Education to upper primary students in an Anglican school was arriving at that moment when the collective penny started to drop that they didn't have to choose between dinosaurs and the Bible: between the scientific truthfulness of evolutionary theory and the theological truthfulness of the great creation liturgy in Genesis chapter one. The possibility that God could in a sense be the author of both of these great stories (one written by Charles Darwin, the other by the so-called Priestly writer of the Hebrew Bible) was a liberating one for these Year 5 and 6 children.

We would talk in class about these 'two books' having been written by the 'two hands' of God, and how they needed to be read in a coordinated way, just as our own hands need to work together when handballing the footy, or playing the piano, or typing our own *magnum opus*. God's great work in the book of Nature continues, as does the revelation it offers; revelation that likewise emerges still from the pages of Scripture when studied under the guidance of the Holy Spirit, who is at work



Bishop Richard Treloar

not only in their inspiration but also in their reception: in those who read as well as in those who wrote.

Anglicanism's consistently high doctrine of biblical authority as enshrined in our worship, the The Articles of Religion, and – in Australia – our Constitution, has thus never been one that has isolated Scripture from the life of the faith-community, which, as the papers from the Lambeth Conference of 1958 remind us, is "charged to interpret and expound it by the aid of the Spirit of truth which is in the Church", and, we might add, in the world.

In reverently attending to these two great books may we always hear them speaking coherently, with one and the same Word, ever-shaping in us what Hooker might call a Scripture-informed reason, inscribed by the surest of hands.

+RM

The Gippsland Anglican

Member of Australasian Religious Press Association

Registered by Australia Post
Print Post Number 34352/00018

The *Gippsland Anglican* is the official newspaper of and is published by The Anglican Diocese of Gippsland, 453 Raymond Street, Sale, Victoria, 3850. www.gippsanglican.org.au

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Contributions are due by 15th of the month prior to publication

Layout by Devine Design

Printed by Rural Press

The editor reserves the right of final choice and format of material included in each issue. The *Gippsland Anglican* and the editor cannot necessarily verify any material used in this publication. Views contained in submitted material are those of contributors.

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Prayer Diary: around the parishes

"That we may be mutually encouraged by each other's faith..." (ROMANS 1:12)

WESTERNPORT SOUTHERN REGION

The Westernport Parish comprises two denominations and three centres. Although small in number we are active in the community and seeking new ways to interact with it. Currently, we are developing two areas of engagement with the wider community:

- We have a community market at Corinella, which has been growing well.
- We have begun an initiative in reaching out to those suffering post-traumatic stress disorder, particularly war veterans.

Also connected to these initiatives are changes in our buildings. We would welcome prayers for blessings on these endeavours, as well as unity as we work at moving forward.

We need prayer for the wider area to visit the community market, as Corinella is not on the highway. Funding is important for the project for our veterans and is something we are short on. Prayer for funds as well as a positive impact on the needs of our veterans from the public is appreciated.

WONTHAGGI/INVERLOCH SOUTHERN REGION

St George, Wonthaggi
Church of the Ascension,
Inverloch
Locum: The Rev'd Anne
Perryman

The parish is located in the beautiful Bass Coast area. We are a two-centred parish united in serving Jesus Christ and making him known in our community. We offer a range of worship services and Bible studies as well as outreach

activities such as a monthly community meal and twice-weekly food rescue program, which help many needy people. These activities are supported financially through our op shop in Inverloch.

We provide Mainly Music for toddlers and their carers. We also offer traditional activities such as Guild, Mothers' Union and Sunday School. Inverloch runs a monthly craft group.

Pray for us as we seek to be more effective in our outreach. Pray for someone to come who will be our new priest and continue to build God's kingdom. Pray especially for our Christmas program as we reach out to local schools and host a Scripture Union Family Mission at Inverloch.

YARRAM SOUTHERN REGION

Holy Trinity, Yarram
St John, Port Albert

Christ Church, Tarraville
Locum: The Rev'd Brian Norris
Assisted by: The Rev'd Canon
Amy Turner

The Parish of Yarram has been supported by locum priests during 2019. Bishop Jeffrey Driver was our leader for most of the year. Our three much-loved churches at Tarraville, Port Albert and Yarram are all used regularly for services and special occasions. While we are grateful to all the locums who have provided our services including Bishop Jeffrey, Rev'd Canon Amy Turner and the now Rev'd Brian Norris, we are still waiting for someone to become our new rector.

We are involved in community activities at Easter and Advent/Christmas, monthly markets (until June this year), and our Twice Blessed op shop. We have a wonderful band of people who help with all parish activities. Please pray for our parish.



Photo: Richard Connelly

Global climate strike Gippsland students have their say

Helena Woollett
and Lucy Connelly

Greta Thunberg, my idol, is the person who inspired the global climate strike marches. Greta, a 16-year-old Swedish girl, is in many ways the voice of a generation of up-and-coming environmentalists. The march I attended in Melbourne with my friends on Friday 20 September 2019 (see picture) is one I'm not likely to forget anytime soon. It was the third global strike of the School Strike for Climate movement. The first strike, in March 2019, had 1.6 million participants from over 125 countries. The second, in May 2019, was timed to coincide with the 2019 European Parliament election, consisting of over 1600 events in 125 countries. It was eye-opening how motivated and aware so many people are about the problems caused by climate change. Unlike previous ones, this year's rallies were of special significance because they were held in every capital city in Australia, on the same day at the same time.

I first heard about the rally from social media sites, which shows just how much of a positive sharing

force social media can be. Although bad news spreads fast, good news can too. The World Wildlife Fund, Greenpeace and Greta Thunberg, among others, spread awareness via social media to many people. The marches also had excellent media coverage after they occurred. While in the march, I noticed that although there were many grave-faced people in the crowd, there was also a marching band, and many people singing and dancing. I personally believe that we should look on the bright side of things even in the bleakest of times, which is exactly what these people were doing. The climate strikes themselves were begun by the students – our slogan being 'We're supposed to be at school, but instead we have to save the world', but hundreds of thousands of people of all ages attended. This day was one I would most definitely do again and will probably never forget.

Helena Woollett

Acting against climate change is something that I am very passionate about, so when I heard about the organised march I jumped on the idea. My parents didn't take much convincing, so when 20 September rolled around, we left school halfway through the day to catch a train into the city.

Standing at the platform, I saw at least ten other people, both children and adults, standing quietly and holding hand-made signs. On the train, I heard dozens of conversations about the march as we walked past to find a seat. As the train

neared the city, more and more people began to hop on, carrying signs and talking loudly about the protest. At the final station, the platforms were flooded with hundreds of people, all with the same destination in mind – Treasury Gardens.

Above ground, thousands pushed forward to reach the park in time, carrying signs and sometimes chanting. The gardens, which look huge on a normal day, were filled to the brim with chanting people. From near the edge of the crowd, we could hear nothing of what was being said. Occasionally a ripple of cheering would make its way around the crowd, and we would yell and energetically wave signs. We then marched through the streets of Melbourne, chanting and waving our signs to the beat of an accompanying marching band. Police lined each street, and rows of horses blocked the roads. The energy was infectious. People stood on top of tram stops, sat in trees and even climbed poles to get a better view of the march.

I protested against climate change by marching on 20 September with 1.4 million others worldwide. Maybe, if I hadn't gone, it wouldn't have made a difference. But if those 1.4 million people had all thought that their attendance wouldn't make a difference, nothing would have happened at all. Hopefully this will be enough to get the attention of our politicians, but we still have a long way to go.

Lucy Connelly

Helena Woollett and Lucy Connelly are students at St Paul's Anglican Grammar School in Warragul.

Bishop Arthur Jones celebrates milestone

On the Feast of St Luke, 18 October, the ninth Bishop of Gippsland marked 25 years of episcopal ministry by presiding at the Eucharist at St Paul's Cathedral, Sale. It was a happy occasion, drawing together clergy and people from across the Diocese and beyond who had served with Bishop Arthur or been ministered to by him as a priest, bishop and teacher.

Preaching at the service, Bishop Richard reflected on his predecessor's upbringing in Warren, NSW, the significance of his time at St Paul's Sale as Dean in his journey to consecration, his first Gippsland Synod as President in 1995, which upheld a motion to ordain women to the priesthood, and on his Christ-centred spirituality.

Bishop Richard concluded his sermon as follows:

"Having laid up his pastoral staff at St Paul's on 11 June 2001, Bishop Arthur launched into a most active retirement, in the course of which he was awarded an Order of Australia medal for 'services to the Anglican Church and linguistic teaching in developing countries'. His ministries in Panama, the Philippines, and India (the latter two as a retired bishop) have been hugely formative for him and for those he taught and worked alongside, and I'm conscious of his successor, Bishop Jeffrey Driver, in Popondetta as we speak, engaged in similar labours of love.

"Responding to such calls later in retirement is testament to Bishop Arthur's life-long instinct – in his own words – to 'move on with the Jesus who walked off the pages of the Gospels on the turbulent winds of history'; to follow, as our opening hymn put it, that 'changeless Christ, forever new'.

"Even as 'a friend of all who love God, and many who don't', as he sometimes signs his letters, Bishop Arthur is searchingly honest in his recently published memoirs about the aloneness that comes with the territory of ordained ministry, and episcopal ministry in particular, which has nonetheless brought him into contact with thousands of people. He acknowledges the deep mystery – the 'unsolved mystery' – we are to ourselves, which we encounter when alone with the Alone, and the blend of shadow and light in each of us that is revealed by the numinous.

"Perhaps, Jesus' injunction 'physician, heal thyself' (Luke 4:23), starts here, with a deeper acceptance of our own woundedness, and thus an openness to that grace by which alone we are saved, saved. As Bishop Arthur writes, 'We may not bear the scars in his hands, but we bear the scars of life, and our trust in the intercessions of the Crucified One Risen to call us home.'"



Bishop Richard and Bishop Arthur at Jones at St Paul's in Sale on St Luke's Day, 18 October

GIPPSLAND DIOCESE VACANCIES

Mirboo North

Yarram

Wonthaggi / Inverloch

Paynesville

‘Pray as you can’: 2019 clergy retreat

Brenda Burney

As the end of August approaches each year, I start looking forward to our annual clergy retreat in mid-October at Pallotti College, Millgrove. It’s a welcome time of rest and reflection before the busyness of the parish fair, our AGM, Advent and Christmas.

This year, our retreat was led by Eileen Glass, who has been a member and leader of the L’Arche community for more than 40 years. Her faith and years of experience working with intellectually disabled adults have blessed her with not only an incredible wisdom but also the ability to pass that wisdom on to others via her insightful and heartfelt reflections.

I automatically warmed to Eileen in the introductory session when she said that during this retreat we were ‘to pray as you can, not as you can’t’. Being someone who needs to walk and pray, I saw this as my invitation to head off and immerse myself in the awesomeness of God’s creation in and around Pallotti College. So, amidst the majestic eucalypts, tree ferns with new fronds unfurling and rippling brooks in secluded dells, I wandered and prayed, letting myself go deeper on my journey with God, nourished by God’s word, by prayer and by the beautiful surroundings.

During the first session, ‘Loved and called’, Eileen invited us to reflect on chapter 3 in Mark’s gospel, where Jesus is baptised by John, then led by the Holy Spirit into the wilderness. She spoke about the deeper call on our mission, the need for us to be able to enter a place of surrender, find the presence of God and know that we are loved, that our name in God is ‘beloved’. It was only after his baptism, when Jesus knew his identity as ‘beloved’, that he was led by the Holy Spirit into the wilderness. Jesus didn’t go into the wilderness on his own and it’s not a place for us to go on our own. As with Jesus, the Holy Spirit leads us there to help us to learn who we are and what we are called to be – to know our true identity and to help us to discern the places where we fail to live as ‘beloved’. In

the wilderness, the depth and intensity of the time of testing left Jesus exhausted. Authentic Christian living shakes us to the core and, like Jesus, we can find ourselves exhausted, but not to follow the deeper path God calls us to leaves us unsatisfied. Eileen asked us to think about where we resist that call to go deeper.

The second session focused on the process of conversion. Our life of faith is about ongoing conversion – the call to deeper discipleship. We can still have pivotal moments of conversion but we need to remain open to change at many levels (intellectual, emotional, moral, ecological, etc.). The more we are transformed by the love of God, the more we discover about the true nature of compassion, the more we discover in others the unrepeatable gift of God. Eileen asked us to pray with the story of the man born blind in the gospel of John and to reflect on what we do at the feeling level when we encounter someone who is different, someone with a disability.

In session 3, ‘Source of nourishment’, we looked at the things that sustain us on the journey of conversion and what we place in our lives to take us through dry times. We looked at a day in the life of Jesus in Mark 1 and the need for coherence between the Word and the way we live. We reflected on our tradition not being perfect and how the things we value in our tradition are our source of nourishment. Like Jesus, we live with the limitations of a human body and need to look after ourselves. Jesus observed the Sabbath rest. That is our invitation to do the same. Jesus was able to receive so many people in need because he had prayed, rested and been renewed. What is it that helps us to find balance in our lives and sustain a rhythm of life for the road ahead?

The final session, ‘Reframing the experience of suffering’, focused on the Easter story and how we find our way to a new beginning, to a place of hope, new insight and stronger faith when circumstances and events tear us apart. The



A tranquil interior and surrounds at Pallotti College, Millgrove

story of the disciples on the road to Emmaus in Luke’s gospel was the focus of our reflection. These disciples had to get away from Jerusalem. They were trying to make sense of the chaos and trauma they had experienced. Jesus met them but something prevented

them from recognising him. They retold what happened, the high hopes they had, their dreams now shattered. Jesus listened to their story and put it into a different context for them – helping them to read it differently. Even though their hearts were burning

within them, in the midst of the chaos they could only see one possibility. In the breaking of the bread their eyes were opened to deeper meaning, to new hope and new possibilities.

Jesus meets us in the midst of the chaos and trauma of our lives to reveal something new to us but we don’t always trust it. We are often locked into our interpretation of that chaos and trauma. We need to tell our stories so deeper healing can happen. Hospitality is central, welcoming others and their stories, creating a space where something new can happen – a moment of conversion. We went off to reflect on the following: What are the burning heart moments in your story? How have they shaped you? Where have you been invited to offer hospitality? What is the gift that has been offered to you over these three days? Give thanks for that gift.

I give thanks for the gift of three days – three days of inspiration, challenge, prayer, rest and reflection. I give thanks for the gift of Eileen and the wisdom God has given her.

The Rev’d Brenda Burney is Rector at Bairnsdale.

New lay readers in Mallacoota

*“Plan carefully,
Prepare prayerfully,
Lead joyfully,
Preach courageously,
And when in front of
a microphone sing in tune.”*

This was the advice that retired priest Rev’d Roger Jackman gave to the two new lay readers at St Peter’s Mallacoota when they were commissioned as a part of Vocations Sunday celebrations.

The congregation were delighted that Leanne Wicks and Kate Cowden were both willing to take on this new level of responsibility within the church and community. Having both moved to Mallacoota within the last few years, they bring a wide range of church experiences as well as their own natural abilities and spiritual gifts. The parish has already benefited greatly from their wisdom, enthusiasm and dedication, with Kate serving as a warden and Leanne as



Shirley Nation (lay reader of 38 years; far right) presents Kate Cowden with the diocesan stole, while Rev’d Roger Jackman presents Leanne Wicks with a copy of the Prayer Book, as Rev’d Jude Benton watches on

the parish secretary and the op shop manager.

Given the remote nature of the Parish of Croajingolong, lay leadership has always been a strong feature of church life. In commissioning Leanne and Kate it was wonderful to have Shirley Nation, a local lay reader with 38 years experience, affirm the gifts that Leanne and Kate bring to the ministry team as

she presented them with their diocesan stoles.

As priest of the parish, Rev’d Jude Benton says that “having Kate and Leanne licensed as lay readers is a wonderful thing for the future of the parish. It’s a privilege to be a part of their training and development as leaders and we all pray for God to continue to gift and guide them into the future.”

Ready to roll

Guinness World Record attempt coming to Drouin

People of all ages are invited to be part of an official Guinness World Record attempt for the most number of people to roll down a hill in one hour. Drouin Civic Park will be the setting for the attempt, which will coincide with Drouin's annual Ficifolia Festival main day on Saturday 15 February 2020.

"If you know Drouin, you know it has hills" said Rev'd Dean Spalding from Drouin Parish. "We wanted to contribute to the annual town festival in a way that is memorable, fun, and easy for people to join in. Nearly everyone

I talk to has memories of rolling down a hill, and we thought what better way to celebrate Drouin's natural characteristics and bring people together?"

The current record of 570 people is held by the National Trust (UK) and was set in July 2014 at an event in Polesden Lacey, Surrey, UK.

"Ten rollers per minute will do it, but we'd love to really smash the record with 1000 rollers", said Dean. "We think Drouin is the place where we can do this."

"People of all ages are invited to connect with the working group and help with whatever they are comfortable to help with.



Photo: Stuart Woollett

The impressive slope at Drouin Civic Park

There are some strict rules for Guinness World Record attempts. We are working through the details now to make sure we have the right information to submit."

The event is free for people in the community, and a

small fee for corporate team participation will help raise the funds needed to deliver the event.

It could take up to three months after the attempt to get an official announcement from Guinness World Records. The Parish is planning a follow-up

celebration in June 2020 to invite people back together to find out if a new world record was set.

For more information, or to be involved, contact Anglican Parish of Drouin on Facebook or phone 5625 4121.

Source: Anglican Parish of Drouin



Left to right: Jane and the Rev'd Graeme Peters with Ray Smith and Alan Price

Farewell service at St George's Wonthaggi

Vivienne McInerney

On Sunday 29 September, the Rev'd Graeme Peters conducted his last service in the parish of Wonthaggi and Inverloch, before moving to St James' Dandenong in October.

Several local groups attended the service, and

Graeme and his wife, Jane, were recipients of presentations from the Combined Youth Group and Rotary as well as from the parishioners. Graeme was also awarded the Paul Harris Fellowship from the Rotary Club of Wonthaggi.

Graeme, Jane and their three sons leave with the love and prayers of this

community. They have touched the lives of many in our area of Gippsland with their calm and centred outreach and inclusion. We ask God's blessing for Graeme and Jane as they start a new era at St James.

The Rev'd Anne Perryman will be the locum priest at Wonthaggi and Inverloch.



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The Diocese is committed to ensuring all people in contact with the Church can participate in a safe and responsible environment. If you may have been harmed by a church worker, or know someone who has, please come forward.

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Bless our pets

MORWELL

During our Blessing of the Pets service each year, we remember Francis of Assisi and his love of animals. Every year, we look forward to meeting new pets and seeing the pets we have come to know. This year, mainly dogs were present for a blessing. No one brought their cats – perhaps they were nervous of their cats being close to so many dogs! However, two cats, represented by their photos, were blessed.

The Rev'd Canon David Head acknowledged the love and mutual dependence we have with our pets. He shared more about St Francis' life, including his care of poor and disadvantaged people in his community.

At this year's service, we launched a new collection to buy tent-swags for people

experiencing homelessness. A couple in the congregation, Norma and Peter Page, have for some time had a dream of helping people who are homeless. Norma shared with us the sad statistic that more than 100,000 people are currently homeless in Australia. After some research, Norma found a non-profit organisation that makes and distributes tent-swags. These swags, costing about \$100 each, provide a place of privacy and warmth for sleeping. This year, we hope to raise enough money to purchase a pack of four tent-swags.

We plan to have this collection every year for St Francis Day, and Norma and Peter would like to see this happen for every parish across Gippsland Diocese.



David Wilkinson (GCLS lawyer), Jodie Atkinson and Jiya Joy (Anglicare students) at Mid Valley Shopping Centre with some of the t-shirts

Clothesline Project gives voice to family violence

Family violence survivors have taken a stand through art, decorating t-shirts that were hung around Gippsland in October as part of the region's eighth annual Clothesline Project.

The Clothesline Project helps women affected by violence to express their emotions by decorating a t-shirt. The t-shirts are then hung on a clothesline to be viewed by others as testimony to the problem of violence against women.

The t-shirts, decorated by women who have taken part in Inspiring Women's Group, were displayed in the Mid Valley Shopping Centre in Morwell and libraries in Warragul, Wonthaggi, Leongatha, Sale and Bairnsdale during the Week Without Violence, 14–18 October.

The process of designing a t-shirt gives each woman a voice with which to expose an often horrific experience that has dramatically altered the course of her life.

The Inspiring Women's group, run by Quantum Support Services, is an eight-week support program that covers a range of issues relating to family violence.

Gippsland Community Legal Service provides a free and confidential service to people experiencing family violence through offices in Morwell and Bairnsdale, and outreach services in Wonthaggi. You can make an appointment to speak to a lawyer either face-to-face or over the phone.

GCLS Team Leader, Lorraine Murray, said "Anyone in our community who has experienced family violence or who fears future violence, needs to know there is confidential and free legal help available."

People who need legal advice can contact the service on 1800 004 402.

Gippsland Community Legal Service is a program of Anglicare Victoria.



Photo: Carolyn Raymond

This puppy was painted by Andrew Hawken especially for the service

PORT ALBERT

The Feast of St Francis was celebrated on Sunday 6 October at St John's Port Albert with a service to bless the animals large and small. The Rev'd Canon Amy Turner led the service of celebration and thanksgiving for our animal friends, who enhance our lives so much. Amy spoke warmly to each animal individually. There were horses, dogs, a budgie – and 'Chips' the cat, who was the best behaved as he sat quietly in

with six dogs staring at him! All the animals behaved very well during the service inside the church and outside afterwards. A scrumptious barbecue lunch was enjoyed

by all those attending in the grounds of St John's Church. Thank you to Sue O'Loughlan and her band of helpers for making it such a memorable day.



Photo: Graeme Ireland

The Rev'd Canon Amy Turner (right), Rhonda Stephens and her horses Harry and Jai

Latrobe Valley Funeral Services



DAVID HASTIE
General Manager



JOHN GALBRAITH
Consultant



MARK RIDDLE
Consultant



ALLAN WORTHY
Consultant

- Qualified, experienced and caring staff
- Modern chapels
- Refreshments and catering facilities available
- Secure, guaranteed, pre-paid and pre-arranged funeral plans
- Over 70 years of service to the Latrobe Valley

MOE 5126 1111
MORWELL 5134 4937
TRARALGON 5174 2258

Proud member of the Australian Funeral Directors Association and the Australian Institutes of Embalming

Mental Health First Aid for teens

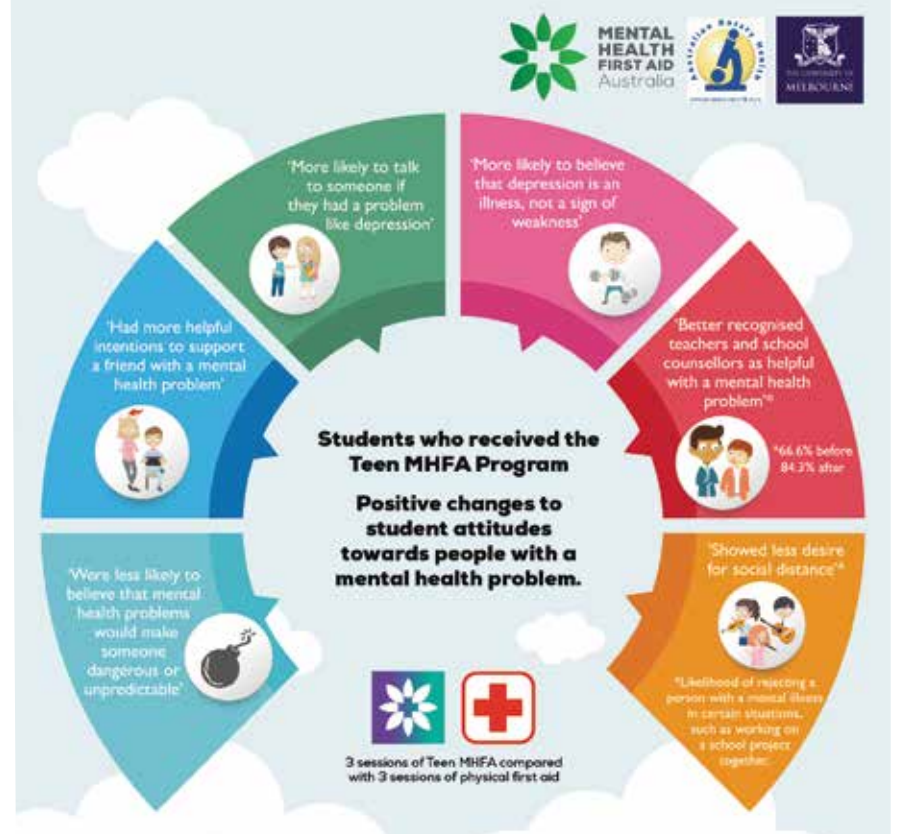
Coralie Esbert

Year 9 students at St Paul's Anglican Grammar School are currently participating in a Mental Health First Aid training course specifically designed for 12–15 year olds. The teen Mental Health First Aid training course is based on MHFA Australia guidelines, and is delivered by trained mental health professionals. The course aims to give our young people the skills to recognise mental health problems and crises in their friends, and to get the help of an adult.

As a society, we are increasingly becoming aware of the importance of good mental health. Mental health

problems are characterised by causing a major change in the person's normal way of thinking, feeling or behaving, where the change interferes with the person's ability to carry out their normal day-to-day activities and persists over a period of time. In youths, mental health problems can disrupt their normal development in a whole range of areas including schooling, social development and identity. Many mental health problems develop for the first time in adolescence, which means that our young people are more likely to experience them or know of others who have experienced them.

In recognition of this higher prevalence in youths, awareness that young people have a preference for sharing their problems with their friends, and that early recognition of mental problems is vital in minimising its impact on the people affected, the teen Mental Health First Aid course was developed. This nationally accredited course is designed to be delivered to Year 7 to Year 9 students, and focuses on teaching students how to support their peers at a time of need. The course does not focus on specific illnesses, nor does it encourage students to handle these matters alone – rather it teaches them to recognise



when there might be a problem and to seek the help of an adult who can provide further assistance.

The Mental Health First Aid course has been beneficial in upskilling the students so

that they can more confidently support a friend to get the help they need.

Coralie Esbert is Head of Year 9 at St Paul's Anglican Grammar School in Warragul.

Acknowledging a gift of service

Carolyn Raymond Morwell

The Rev'd Canon David Head presented a bouquet of flowers to Ruth vander Zalaam at St Mary's Morwell on 20 October. This was to acknowledge and celebrate her wonderful service as organist for 25 years. Her playing has enriched our worship Sunday after Sunday.

Ruth has been playing the organ since she was 15. She grew up in England, then worshipped and played for Sacred Heart Parish in Morwell after arriving in Australia. When she returned to the Anglican tradition, she said she felt she had come home. We all appreciate so much her skill and dedication. Thank you, Ruth.



The Rev'd Canon David Head with organist Ruth vander Zalaam as she receives flowers from Vicar's Warden Sandra Wager

Trinity College names lecture theatre for Gippsland's Chancellor

Following a service of Choral Evensong in memory of the late Bishop James Grant on 6 October (see the report by Dr Muriel Porter in this month's *TMA*) a reception was held in the Trinity College Theological School lecture theatres formerly known as 'North' and 'South', which were officially renamed the 'Armstrong' and 'Grant' rooms by the Warden, Professor Ken Hinchcliff.

In his sermon at Evensong, Bishop Richard reflected,

"Bishop Grant's spirit of innovation, combined with a heart for service, is something he held in common with Rowena Armstrong, who, whilst Chief Parliamentary Council for Victoria, drafted the *Trinity College Act* in 1978 and its subsequent amendments. Her skill for drafting new legislation is unabated, with Gippsland Synod passing a Bill earlier this year crafted at her hand, extending the age for clergy retirement; no doubt inspired by her husband's

complete failure to understand the concept!"

Rowena Armstrong, QC, AO was appointed Chancellor of the Diocese of Gippsland on 11 May 1990 and has exercised this vital ministry with distinction for almost 30 years. This is a most fitting recognition of an outstanding and ongoing contribution to Trinity College and to the wider church and world through the generous application of her legal expertise.



Left to right: Professor Ken Hinchcliff (Warden), Bishop Richard and Rowena Armstrong by the Peter Churcher portrait in the newly named Armstrong and Grant Rooms at Trinity College

Lost Sheep and where to find them

Sue Jacka

I'm always on the lookout for great resources for all-age or kids' ministries. We have used many of the books and slide shows from the *Lost Sheep* material and found that this resource is very good for both adults and children. The retelling of Bible stories uses an Australian idiom but it is not forced or twee. The characters may be Australian animals, as in 'Echidnas on Everest' – about all getting along together despite our prickliness – which is based on Colossians 3:13. The pictures are bright and engaging, and they project very well onto a big screen.

Andrew McDonough is the Australian author behind this series of more than 30 titles. I went to a seminar he led earlier this year where he gave examples of their different possible uses. He explained that he did not initially set out to make a children's series but had designed them for adults who often become disengaged with the 'same old' sermon. He has used some titles in adult professional development and team-building seminars.

They often work on several levels at once; the simple message is easily engaging to children while the more abstract and thought-provoking concepts can encourage personal and spiritual growth for adults. These resources could suit 'Messy Church' well.

One of my all-time favourites is 'Jed and Roy McCoy', two feuding sheep farmer brothers who find peace and reconciliation as they encounter the baby Jesus. I'm planning to use 'Jesus Was a Refugee' for 29 December, the first Sunday after Christmas, when this reading is the set Gospel.

You can find out more at www.lostsheep.com.au. Single books sell for about \$10 while a church membership download package is very affordable if you plan to use several

stories along with the PowerPoint presentations, activities and presentation suggestions. We have used them for our holiday program, crib services and children's church and it's been great to see the adults chuckling at humour too.

The Ven Sue Jacka is Rector at Trafalgar.



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An illustration from 'Jed and Roy McCoy', an Australian-flavoured retelling of the Christmas story

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A LASTING GIFT: A bequest to the Anglican Diocese of Gippsland or your parish

The Church, over the years, has been blessed with the generosity of Anglicans and others in support of its mission. One way you can support this ideal in a relatively easy way, is to make a gift through your will. In the first instance, of course, you will consider carefully the needs of your immediate family and friends before proceeding with a bequest to the church.

We offer a way of helping you to carry out your wishes. Your gift, through your bequest, will be very much appreciated. You may wish to support the Diocese of Gippsland as a whole, or your own parish, or for a particular purpose.

Making your bequest in your Will is a simple procedure, although in preparing or amending your Will you should always consult a solicitor. The Registrar of the Diocese of Gippsland has information to assist you in making a bequest, including the form of words you and your solicitor might want to use.

Telephone Brian Norris on 03 5144 2044, or go to www.gippsanglican.org.au and search 'bequests'.



Be a part of supporting the Aboriginal Ministry Fund

The AMF exists to resource employment of Aboriginal people in ministry; training of Aboriginal people for ministry; development of Aboriginal ministry in the community; the planting of Aboriginal churches; education of the Diocese about Aboriginal issues.

Be a part of achieving these aims.

Contact the Diocese of Gippsland
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Email registrar@gippsanglican.org.au

A parent's love

The heartfelt lyrics of Adele's song, *Remedy*, declare her deep love for her three-year-old son, Angelo. At a recent school assembly we were treated to a powerful performance of this song by one of our Year 10 students and it prompted me to reflect on the unique love that parents experience for their children. I will never forget the feeling of holding my newborn child in my arms and feeling the most incredible urge to protect and shelter them. An urge that remains as the child grows but is tempered by the desire to see the child grow in independence and learn to stand on their own two feet.

You can hear in the chorus of Adele's song that desire to protect her child from the hardships of life, but also perhaps an awareness in her tone that the child may not always accept that protection. This is part of the challenge of parenting a child (and especially an adolescent) – trying to figure out which protective boundaries to enforce and which mistakes to allow your child to make and learn from themselves. Parenting is a complex, heart-warming and sometimes heart-wrenching experience!

I remember just before the birth of my first child a friend said to me, "Having a child



Daniel Lowe

will totally change your understanding of God" and he was right. Seeing God's relationship with humanity through the lens of a parent gave me a much greater appreciation for the pain that God must feel when we reject him. It also helped me to understand in some small way why God might allow us to go

through hardships; not because He takes any joy in our suffering; not because He is unable to intervene; but because He wants us to grow in maturity. I'm not suggesting that this applies to all suffering but it helps make sense of some things. Too often God is presented as uncaring and judgemental at one extreme, or as loveable but ineffectual at the other. The God we meet in the Bible is far more nuanced than our simplistic representations. God is far more like the parent who walks that delicate line between discipline and freedom.

The love that Adele expresses in her song is just a shadow of the love that God has for each of us as His children.

This is a good thing – I don't know about you but, when it comes to my relationship with God, I can be as petulant, rebellious and fickle as the most troublesome of teenagers. None of us are perfect parents but we and our children have access to the perfect parent in God. And in His love we may find some comfort, direction and understanding as we seek to be better parents to our children. In the words of the Apostle John, "See what great love the Father has lavished on us, that we should be called children of God!" (1 John 3:1).

The Rev'd Daniel Lowe is Senior Chaplain at St Paul's Anglican Grammar School.

Anglicare Fare

Anglicare Australia Conference – the power to change

Cathrine Muston, Anglicare Development Officer, Parish Partnerships

At the Anglicare Australia Conference in Perth in September, the theme was 'Our Stories: Power to Change', collecting the stories from around Australia where the work of Anglicare is impacting people's lives.

Writer and social commentator Jane Caro kicked off the conference with a wide-ranging speech on hope and fear, including that energy wasted on fear stops us from acting. She encouraged us to emphasise what it was we have in common and to be future oriented.

The two most compelling stories were about new thinking in the areas of Indigenous suicide and youth homelessness. Dr Tracy Westerman, a psychologist and Njamal woman from the Pilbara region of Western Australia, told her story as the first person in her family to complete secondary school, and how she developed a system for addressing Indigenous youth suicide. Tracy noticed early in her career that Aboriginal mental health was treated in the same way as that of the broader community. Her insights into the need for responses that are more specific to each Aboriginal

community have formed her postgraduate work. Her mental health program has been developed alongside Aboriginal people, providing training to people in community to deliver culturally specific programs and responses, with great success. Tracy believes that education is the way out of poverty for young Indigenous people, and she has set up a scholarship for the study of psychology through Curtin University in Western Australia.

Youth Homelessness continues to be a growing issue, and the End Homelessness WA alliance presented their co-design process to address this issue. With the mantra of 'nothing about us without us', the alliance drew on the lived experience of homeless young people to develop a strategy to end homelessness. This strategy is a 10-year plan to end youth homelessness and has already made changes in the sector, finding that the things that make the biggest difference in preventing homelessness actually don't cost money.

There were stories from



Dr Tracy Westerman, a psychologist and Njamal woman, has developed a system for addressing Indigenous youth suicide

Anglicare NT about how two-way learning was building partnerships in Aboriginal communities in Arnhem Land, stories of Trinity Commons in Brisbane where the church has developed community spaces for the neighbourhood to share and of resources for providing for the spiritual needs of people in aged care.

At Anglicare Victoria, we work to enable transformation in people's lives so that they can have 'better tomorrows'. It is always good to be reminded that we are linked with a network of people from around Australia who share our passion.



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God's unending graces during dark times

David Perryman

The moment of looking at my phone to discover our son had cancer will no doubt be one of the worst memories of my life. In hindsight, it's been incredible to see where God has been moving.

The contrast between walking alongside others in their challenging journey and walking the path yourself is vast. It was a bleak time, feeling like all the stars and light had left from the world. The occasional light pierced the thick, black and laden sky, but rarely and briefly. It was a harsh existence. It seemed like all the colour in the world had been dulled to almost grey. Even my favourite music was duller, losing its beauty.

It felt like the movie *Twister* – like we were in the middle of field as a tornado forms and makes its route towards us. We watched it rip the surrounding field, gradually working its way toward us. Seemingly all hope would be lost.

Yet in the centre of the field stood one lone thing, the only hope. Something stark yet rooted in an unmistakable message of certainty that would remain unmoved through the millennia. Standing in the middle of that field, that old rugged cross.

Every way I turned during those times, every prayer and plea led back

to it. That great and powerful symbol would not budge an inch, no matter how large the tornado became. And, as the tornado attempted to pull us into its vortex, what could we do but hurl our arms around that rugged cross, holding on for hope and dear life?

Swirling in the darkness, and yet here we stand. That tornado faded – Elijah was free and healed.

We find ourselves looking around – the terrain has changed, perhaps become a little scarred by that tornado's destruction. But still that rugged ancient cross stood and stands firm. We find we ourselves standing firm and free, only through its immeasurable graces.

The experience was a deep reminder of God's everlasting presence. A reminder that, regardless of where the path led, either through healing or deep grief, he would walk alongside and, perhaps at times, even carry us. With that came a deep peace that nothing else could offer and, at the same time, nothing could take away, just like the cross.

Curiously, Eli started a new bedtime exercise shortly into his diagnosis. After we prayed for him, he played an altered game of heads, shoulders, knees and toes. In finishing, he started pulling out my cross. Now the routine ends with 'cwoos' and 'J-says' – and a cheeky smile.

I've been pondering why I wanted to write something about this. In some ways perhaps I needed to get it off my chest. I also wanted to share my deep appreciation to the entire diocese for their earnest prayers and checking in to see how Eli was travelling.

I guess the other reason is that I want others to know that we need not always keep our shield up.

Lowering it and allowing others to know of the struggles swirling inside of us is one of the joys (and sometimes challenges) of our call to be that broken but powerfully entwined family, rooted in Jesus Christ.

Thank you and bless you all.

Blessed be the name of the Lord.

David Perryman is
Priest-in-Charge at Avon.

TGA welcomes new editor

Bishop Richard is delighted to join with the Registrar and other members of the Editorial Committee in welcoming Ms Sally Woollett as the new Editor of *The Gippsland Anglican*.

Sally has been a freelance editor for more than 20 years since leaving a career in analytical and organic chemistry in the Latrobe Valley. She has worked extensively in educational and journal publishing and is editor of the Royal Australian Chemical Institute's magazine, *Chemistry in Australia*.

She now lives in Warragul with her husband, who teaches science at St Paul's Anglican Grammar School, which their teenage daughter attends.

Sally holds a Graduate Diploma in Editing and Publishing from RMIT University. Her clients include James Cook University for their international peer-reviewed *Rural and Remote Health*

journal, Australia's National Research Organisation for Women's Safety, the Australian Council for Educational Research, the Australian Government Department of Education and Training, and the Cancer Council of Victoria, among many others. When she isn't editing, Sally enjoys singing with the West Gippsland Chorale, browsing through her collection of art books and exploring the Australian countryside with the family camper in tow. Sally is excited to be embarking on a new path in her editing journey with TGA.



EDITORIAL

Sharing values

When my daughter commenced secondary school, she was a newcomer to St Paul's Anglican Grammar School in Warragul. She didn't know the cohort moving up from the junior school and our family was reasonably new to the town. She had new social and academic challenges to navigate – rather like me as I commence this role as editor of TGA.

Early in that first year of secondary schooling, my daughter and I discussed some ideas about what she might learn during her Christian studies. We found some pieces of card and, over a few days, wrote down words representing some of the values that are important to our family, making a colourful montage.

My daughter's values are shifting and developing as she grows and learns more about the world. You can read her article about this year's climate strikes on page 3.

Words are central to my career as an editor, and my desk is scattered with many notes of my own, as I familiarise myself with new names and tasks. To get to know you better, I'd very much like you to share with me some words for values that are meaningful to you, your family and friends. You can send words to me at editor@gippsanglican.org.au. If you fancy a family project, get busy and upload a photo of your own values montage to Instagram (ed_gippsang). In this way I can glimpse not only the richness of values in Gippsland Diocese, but also the values we all have in common.

I hope to hear from you about your values, and many other topics, in the near future.

Finally, my sincere thanks to Bishop Richard, The Ven Sue Jacka, Rev'd Philip Muston, Richard Connelly and Jan Down for being so generous with their time and advice as I settle in.

Sally Woollett



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Does your mental state affect recovery from illness and disease?

Many of those who've suffered from illness or disease would have received the advice to 'stay positive'. Is this sage advice that can truly have a positive effect on health, or an added burden for someone who is already suffering – the need to also feel good about it?

Five experts in various fields were asked whether a positive mindset can affect outcomes for those suffering from illness and disease. Five out of five experts said yes.

However, they had some important caveats. It depends on the disease – for example, one expert said studies in cancer have not found positive thinking affects disease progression or the likelihood of early death.

And while our mental health can have powerful effects on our physical health, the perceived need to 'stay positive' can be an added burden during a difficult time. So it's also important to remember grief is normal.

Erica Sloan: stress and cancer research

There is increasing evidence mental states such as feeling stressed or anxious can have negative effects on our health. We are beginning to understand the anatomical basis for this. The sympathetic nervous system extends from our brain through our body and controls the fight-or-flight response to stress. While this response can be adaptive, it impairs the immune system, severely limiting how well protective T cells and innate immune cells can do their jobs. Alarmingly, viruses and cancer also hear the fight-or-flight response, which helps them grow and evade the immune system. But it's not all bad news. We are discovering how positive mental states bolster immunity by activating the brain's reward centre. As a diagnosis of a chronic disease can be

stressful, this research points to the importance of treating the whole patient, not only the disease.

Jayashri Kulkarni: Psychiatry Professor

Mental health affects physical health in many ways. Adverse events in early life have a mental impact, affecting hormones (the 'stress hormone' especially), the immune system, and our mood (including anxiety). These can all cause physical illness and delay recovery from existing physical health issues. For far too long, the split between mind, body and environment held back medical treatments. Now we know more about the interactions, we can consider how mental disease affects physical disease.

Our work in 'borderline personality disorder', for example, reveals early life abuse in girls is correlated with adult obesity (and consequent diabetes and heart disease), increased infertility, premenstrual depression, high levels of anxiety, and increased autoimmune conditions. The external world affects the brain circuitry, chemistry and results in causing or exacerbating physical and mental illnesses.

Michael Roche: mental health nurse

"...Recovery from acute illness ... can be powerfully influenced by the way we view ourselves and the illness with which we are confronted..."

Recovery from acute illness, and our capacity to live with and effectively manage chronic illness, can be powerfully influenced by the way we view ourselves and the illness with which we are confronted. Making this more complex, one of our responses to physical illness can be mental ill health such as depression, which can further compromise our well-being and ability to recover.

Factors such as intrinsic optimism and pessimism, or mental health disorders, have been linked to the speed and degree of recovery in many

studies, but importantly so is our resilience, something we can develop and strengthen, particularly with appropriate support from our social networks and health care professionals. To recover well, we will do best when we have hope, and that means we need to address all facets of our being when confronted with ill health.

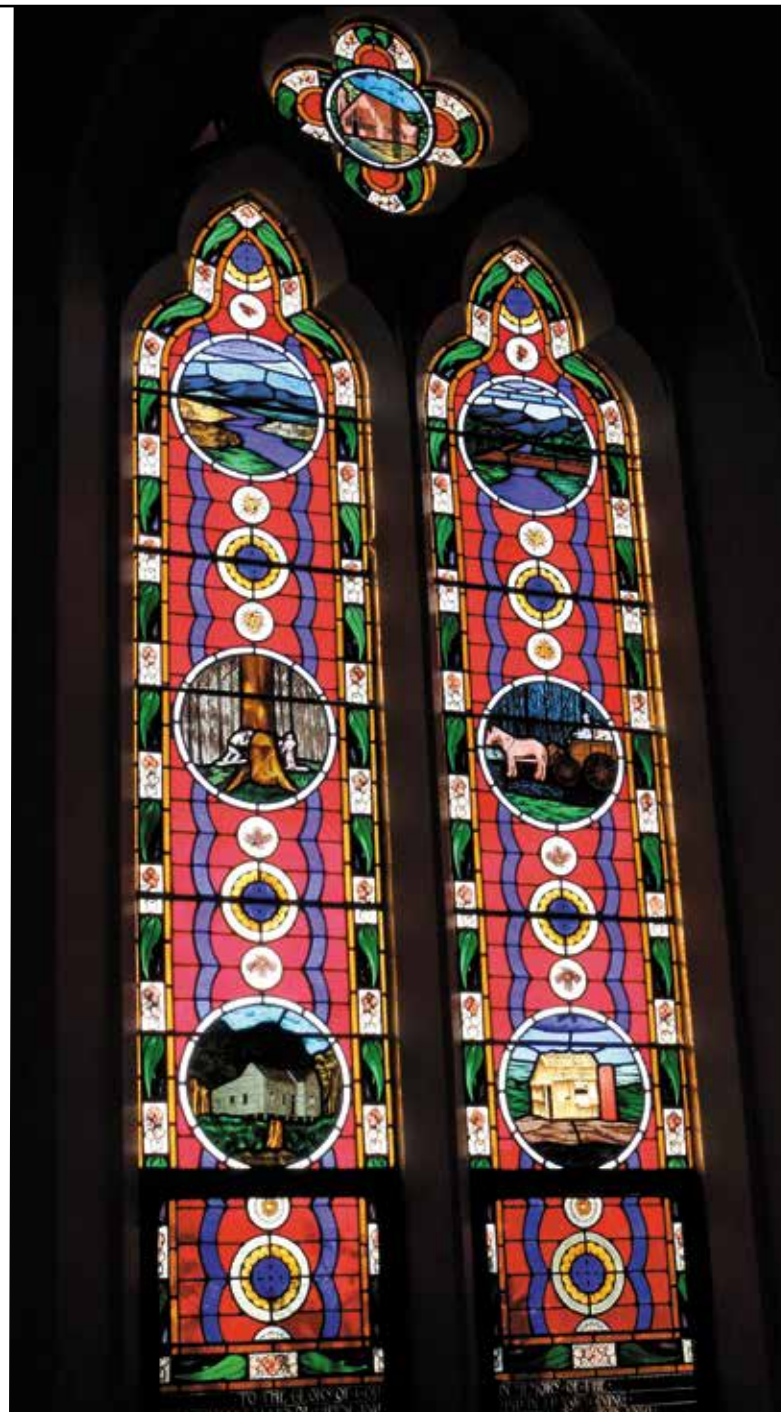
Michael Vagg: pain specialist

Pain is a sociopsychobiological phenomenon, and the conscious experience of pain is always shaped by the current state of the brain's threat perception, beliefs about pain based on prior experiences, social context, and expectations about pain in given situations. Little of this can be consciously influenced, however. Just 'thinking positively' does not really equate to better outcomes in chronic diseases, though being optimistic by nature before you get sick might actually help.

Interventions such as learning a mindful approach to life, sound stress management techniques, having supportive (but not overly protective) loved ones, and being given accurate information about what to expect during surgery have been shown to reduce the need for painkillers after surgery. So, as far as pain goes (whether acute or long-term), mental state really does matter for outcomes, but it's hard to manipulate to improve your outcome once the problem starts.

Sarah Mansfield: GP

Yes it may, but evidence is conflicting. Some studies show an association between optimism and better outcomes in chronic diseases, particularly heart disease, and potentially reduced mortality. Explanatory hypotheses include a greater likelihood of engaging in treatments and beneficial health behaviours, development of stronger relationships and supports, and possibly protective immune-related changes.



"To recover well, we will do best when we have hope"
says Michael Roche, mental health nurse

However, other studies, especially regarding cancer, have found positive thinking does not alter progression or mortality. Moreover, many patients experience added emotional burden due to the social pressure to adopt a positive attitude all the time, and guilt if they cannot achieve this. It's normal to experience grief and negative emotions associated with illness, and many conditions actually alter our mood and personality. It's important we recognise this, and support patients' mental well-being with a view to improving their quality of life, rather than it being primarily about changing the course of a disease.

Alexandra Hansen is Chief of Staff at The Conversation.

Interviewed were Erica Sloan (Associate Professor Drug Discovery, Monash University), Jayashri Kulkarni (Professor of Psychiatry, Monash University), Michael Roche (Associate Professor in Health Services Management and Mental Health Nursing,

University of Technology Sydney), Michael Vagg (Clinical Associate Professor, Deakin University School of Medicine and Pain Specialist, Deakin University) and Sarah Mansfield (Senior Lecturer in Academic General Practice, Deakin University).


Main text first published at:
www.theconversation.com.

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 Selected TGA articles are published each month on The Anglican Diocese of Gippsland Facebook page.

Bipolar warrior's path to better mental health

Sue Jacka
Trafalgar

Jason Rantall has been a regular member of St Mary's Trafalgar for the past year. He has battled mental health and alcoholism issues since his youth, although he says that amazingly he rarely missed a day at his workplace. He has been diagnosed as bipolar, with obsessive compulsive disorder, psychosis and alcoholism, and has attempted suicide several times. His family and physical health have suffered dreadfully from his poor mental health. He chose to work away from home a lot to avoid the shame and judgement of drinking to manage just living. His route back to a healthy and positive outlook on life is inspiring.

In July 2018, Jason had his last alcoholic drink. He started long-distance running but soon realised that, although running is far healthier than drinking, it would be easy to replace one addiction with another. He has always had a belief in God and decided to come to church to see if he could find some balance.

Although the idea of walking into a church was quite daunting, Jason found a warm welcome and was pleased that people were non-judgemental. Jason has discovered that both the sermons and the fellowship at morning tea are helpful. He says that the community side of church has been embracing and he is able to speak openly and helpfully with others about our shared journey of struggles and celebrations.

Jason has developed a routine that enables him to focus on the positives both personally and in daily life. He reads a Bible passage each morning and finds the Bible app on his phone helpful for inspiration through the day. He practises gratitude and mindfulness, thinking of 10 things each morning that he is grateful for. He has learned to question the negative thoughts that plague many of us, especially people with mental illness. Developing



An elated Jason Rantall completing an ultra-marathon (60 kilometres) at the Great Ocean Road in May 2019

a pattern of reflection has helped Jason to spot negative ways of thinking before they get him down: "I didn't look at my problems 'cos there were too many of those. I looked at and concentrated on how to improve myself and my life", he says. He recommends reviewing situations to see what could be done differently and better. Open communication and a healthy diet have also been part of Jason's path to wellness: "The way I changed was by implementing small changes with consistency, discipline and with patience."

Jason is part of a large blended family, with wife Kerry and four school-aged kids at home and three older children who now live out of home. He is pleased that he is a far better role model to his children now. Kerry has also needed to adjust to having a healthy husband

who takes an active role in raising their children. She has been a wonderful support to Jason. Kerry has finished a Certificate IV in Alcohol and Drug Counselling and is currently studying a Diploma in Mental Health.

Jason works out at his home gym and runs long distances five days a week. He recently ran 10 marathons in 10 days, visiting the places of significance in his past and finishing in Trafalgar – a total of 422 kilometres! He has set up a community group, Bettermentall (facebook.com/bettermentall), which holds monthly meetings with a range of guest speakers and provides support for others who are battling poor mental health. He has taken a career change – now trained to lead Mental Health First Aid courses and as a gym instructor and personal trainer.

Jason's advice? "Find your reason: your purpose. Live the life you desire and deserve. Believe. Do. Achieve."

Diocesan calendar

November

- 12 12:30 pm – 1:00 pm: New meditation group (weekly). Lady Chapel, St Paul's Cathedral, 58 Marley St, Sale
- 13 3:30 pm – 5:00 pm: 'What to consider when planning your own funeral' – workshop, with Dean Susanna. Community room, St Paul's Cathedral, 58 Marley St, Sale
- 14 7:00 pm: 'Resentment' – philosophy talk and discussion, with Nikolai Blaskow. Bond St Event Centre, 10 Bond St, Sale. Adults \$5
- 15 2:00 pm: Safe Church Awareness Workshop – Refresher, St Mary's Church, 6 Latrobe St, Morwell. www.gippsanglican.org.au (via Calendar)
- 16 2:00 pm: Safe Church Awareness Workshop. St Mary's Church, 6 Latrobe St, Morwell. www.gippsanglican.org.au (via Calendar)
- 17 2:00 – 4:00 pm: 'Kids Got Talent' show. Trafalgar Anglican, 20 Contingent Street, Trafalgar. Gold coin donation, afternoon tea provided
- 22, 23 5:00 pm Friday to 4:00 pm Saturday: 'Russian history with a twist', with June Treadwell. The Abbey, 1–25 First Parade, Raymond Island. 5156 6580 or info@theabbey.org.au
- 23 12:00 pm: Young Adults gathering (lunch and speaker). Warragul Anglican Church, 102 Victoria St, Warragul 0487 424 480 or alishaj8@outlook.com
- 28 7:00 pm: Rehearsals for pop-up choir. Lady Chapel, St Paul's Cathedral, 58 Marley St, Sale
- 30 10:00 am – 3:00 pm: 'Quiet Day for West Gippsland', with Bishop Richard. St Thomas' Church, 16 A'Beckett Rd, Bunyip

December

- 5, 12, 19 7:00 pm: Rehearsals for pop-up choir. Lady Chapel, St Paul's Cathedral, 58 Marley St, Sale
- 7 10:00 am – 3:30 pm: 'Walking the Labyrinth – an Advent threshold experience', with Christina Rowntree. Delbridge Hall, 149 Cunninghame St, Sale. Suggested donation up to \$40, concessions available. 5144 2020 or 0418 637 469, susanna.pain@gmail.com
- 15 Yarram Scripture Union family mission (Kids' Bible Club). Holy Trinity Church, Cnr Gipps St and Commercial Rd, Yarram. www.suvc.org.au/program-information
- 22 8:00 pm: Ecumenical carol service. St Paul's Cathedral, 58 Marley St, Sale
- 28 Lakes Entrance Theos (until 3 January). Location TBC. www.suvc.org.au/program-information
- 29 Mallacoota Theos and Scripture Union family mission (until 9 January). Mudbrick Pavillion, Mallacoota Camping Ground (Theos) and Mallacoota Oval, 20 Greer St (SUFM), Mallacoota. www.suvc.org.au/program-information
- 29 Tidal River Theos and Scripture Union family mission (until 9 January). Tidal River Campground, 23rd Avenue, Tidal River, Wilson's Promontory. www.suvc.org.au/program-information

January

- Various dates Scripture Union family camps, Camp Coolamatong, 38 Cranswich Rd, Banksia Peninsula. www.suvc.org.au/camps