



# CONTACT

Charlestown & Garden Suburb Uniting  
Church Multi-Centre Congregation

16 October 2022



**From Anne Threlfo**

*The SFED group have been reading the book "The Spirituality of Age: A Seeker's Guide to Growing Older" by Robert L. Weber and Carol Orsborn. The book includes a number of activities which may assist us as we prepare ourselves for older age. This exercise can be done by anyone, of any age, anywhere you are comfortable.*

## ***The Vision Test***

In this exercise you are being asked to build a vision of what a psychologically and spiritually healthy old age could look like for you. This exercise has two parts.

### **PART ONE**

Read through the following list of questions. Then close your eyes and imagine your life in extreme old age in as much detail as possible.

- How do you feel emotionally?
- What are you thinking?
- What are you sensing?
- Are you giving and receiving love?
- Are you aware of the presence of the Divine?
- What's most important to you?
- Anything else you'd like to build into your vision of a psychologically and spiritually healthy old age?

When you've completed part one of this exercise, open your eyes, and write down what you imagined in as much detail as possible. When you've captured your portrait of old age, you are ready for part two.

### **PART TWO**

Go through the list again and underline any quality or characteristic that is NOT dependent on external circumstances: for instance, a sense of humour versus the ability to run a marathon.

The more items you have underlined, the more likely you are to have a healthy attitude about aging now. You have a solid spiritual, emotional, and psychological foundation upon which to build. If you have fewer items underlined than you'd like, add to this list over time.

Actively observe elders who, regardless of the external challenges with which they are faced, have the kind of relationship with aging you'd like to have for yourself.

This is your master list. Keep this list with you as you face both the challenges and opportunities that come your way, remembering that the items on this list are nonnegotiable, comprising the core of aspirations that will lead you to inner freedom.

*When you have completed this exercise, you might like to speak to someone about your experience.*

# DIARY

## Thursday 13 October

- 10.00 am Morning tea in the Community – Smelly Cheesecake Café at  
11.00am Garden Suburb Nursing Home Communion Service  
1.30pm – 2.00pm Bible Study at Garden Suburb

## Friday 14 October

- 6.00pm Ladies Night at Kahibah

## Saturday 15 October

- 8.00am Men's Breakfast  
3.30pm **Presbytery Celebration at Hamilton Uniting Church**

## Sunday 16 October – *Nineteenth Sunday after Pentecost*

- 9.00am Holy Communion Service – Worship Leader Margaret White  
**Church Council Elections**

*Jeremiah 31: 27-34, Psalm 119: 97-104, 2 Timothy 3: 14-4: 5, Luke 18: 1-8*

## Monday 17 October

- 10.00am Pastoral Care visit to Garden Suburb Aged Care Facility

## Tuesday 18 October

- 9.30am – 11.00am Grandparents, Carers, Kids at Garden Suburb  
10.00am Morning tea in the Community – Frankie & Co Café at Lake Macquarie

## Thursday 19 October

- 10.00 am Morning tea in the Community – Smelly Cheesecake Café at Charlestown Square  
1.30pm – 2.00pm Bible Study at Garden Suburb

## Sunday 23 October – *Twentieth Sunday after Pentecost*

- 9.00am Worship Service – Leader Kathy Stuart. Preacher – Rev Tom Stuart  
*Joel 2: 23-32, Psalm 65, 2 Timothy 4: 6-8, 16-18, Luke 18: 9-14*

## Tuesday 25 October

- 10.00am Morning tea in the Community – Frankie & Co Café at Lake Macquarie  
12.00pm Garden Suburb Ladies Fellowship  
3.30pm Worship Team Meeting at 'The White House'

## Thursday 27 October

- 10.00 am Morning tea in the Community – Smelly Cheesecake Café at Charlestown Square  
1.30pm – 2.00pm Bible Study at Garden Suburb

## Sunday 30 October – *Twenty-first Sunday after Pentecost*

- 9.00am Worship Service – Leader Rev Tom Stuart. Preacher – Rev Dr Rod Pattenden

## Tuesday 1 November – **All Saints Day**

*Daniel 7:1-3,15-18, Psalm 149, Ephesians 1: 11-23, Luke 6: 20-31*

- 9.30am – 11.00am Grandparents, Carers, Kids at Garden Suburb  
10.00am Morning tea in the Community – Frankie & Co Café at Lake Macquarie  
3.30pm Church Council meet on Zoom

## Thursday 3 November

- 10.00 am Morning tea in the Community – Smelly Cheesecake Café at Charlestown Square  
1.30pm Bible Study at Garden Suburb

## Worship service on Sunday 30 October

### Guest preacher: Rev Dr Rod Pattenden

You are invited to stay for morning tea following the service to chat with Rod, and with each other.



# THE PRAYER PAGE

"Lord, give me your eyes and ears today as I move about in my neighbourhoods. Show me your heart and help me to love those people around me who are my neighbours" Karina Kreminski



## Pastoral Prayer Points

- \* Nita
- \* John Booth
- \* Vivianne
- \* Lillian
- \* Enid
- \* Jan Russell
- \* Margaret Mensforth's family
- \* Tony and Nan
- \* Mert and Pam
- \* Judith and family
- \* Margaret Asplund
- \* Ashley and Lorraine
- \* Marion and Ron
- \* Jean Townsend
- \* Ken MacDonald
- \* Wilma Birch
- \* Enid Power
- \* Fred Bryant
- \* Max

## Congregational Prayer Points

- Preparation for Neos
- GCK group and Holiday Kid's as we discern if or how these activities will proceed in 2023
- Project Reconnect
- Worship Services
- Lease of Whitebridge property
- Tom and Kathy
- Cathy Beeton
- Worship Committee
- Men's Breakfast on 15<sup>th</sup> October

## Wider Community Prayer Points

- Wilfreda's orphanage
- Operation Hope – Northern Iraq Project
- Protest movement in Iran for women's rights

Maintained by SFED and Enid Power



# Church Council Elections Today

The Following nominations have been received:

**Chairperson** *Anne Threlfo*

**Radical Hospitality** *No nominations*

**Passionate Worship** *Margaret White*

**Intentional Faith Development** *No nominations*

Thank You  
  
for your Kindness

Yvonne Harris would like to thank everyone for their thoughts and prayers, earlier in the year, for her Great Granddaughter, Kenzie, after she had a stay in hospital. Kenzie is turning 2 this month!!

The wearing of face masks for singing is no longer a requirement.

If you wish to continue to wear a mask during singing or for the duration of the worship service you are welcome to do so.



## Children & Family Worker Update

### Hi Everyone

Scripture starts back in all my schools this week, could you please pray for a productive end to the school year where I am able to present my lessons in confidence that they are received well & the stories stay with the children long after the lesson is over.



GCK group will meet back next Tuesday the 18<sup>th</sup> October at Garden Suburb Church hall 9.30am to 11am all welcome come along have a chat, a cuppa & exchange a book come along with children or on your own, we would love to see you.

Cathy



Our Speaker will be **Dr David Durrheim**, Lake Macquarie Ambassador for 2022 and Hunter New England Health Public Health Controller during the COVID-19 pandemic response.

Early one morning in October 2014, David set out alone for a cross-country run in Green Point Reserve. He suffered a catastrophic heart attack and was found some time later, cold, blue, pulseless....clinically dead.

David reviews the circumstances and medical records to answer the question: "Was this:  
Blind luck. Coincidence. A Miracle?"

## *Blind Luck, Coincidence, A Miracle?*

at Charlestown Uniting Church - 24 Milson  
St

**8am Saturday 15<sup>th</sup>  
October**

Cost \$12    RSVP: Paul Russell  
pmraus74@gmail.com, or 0411 236 047  
or sign-up sheet in the foyer.

*Please advise of any special dietary requirements*

**By Wednesday 12<sup>th</sup> October 2022**

*Please do not attend if you are unwell or have been  
to a Covid-19 hotspot in the previous 14 days.*

# St Luke's Uniting Church's 50<sup>th</sup> annual CARNIVAL

NARLA ROAD, BELMONT NORTH

**SATURDAY, 22<sup>ND</sup> OCTOBER**

Lots of stalls and activities

Live Entertainment

Art exhibition and sales

Fund for the kids

## What's Happening at the Charlestown Uniting Development?

Uniting Charlestown, located at 27 Tiral Street is proposed to include:

- Around 220 independent living units and 130 apartments
- Roughly 120 residential aged care beds, including dementia places
- Community facilities such as a hair salon, pool, club house, café, chapel, consulting rooms for GPs and allied health practitioners, and a private outdoor landscaped area with a rooftop BBQ
- A wellness centre
- Landscaped gardens.

Uniting has undertaken consultation with our community, Charlestown Uniting Church, and Government representatives to gain feedback on our plans. Uniting extends a sincere thank you for meeting with us on 22 June 2022 as part of this consultation process.

### Feedback on our plans

Uniting was grateful for feedback offered by the community. We've heard the following:

#### Privacy and overlooking along the eastern boundary

We've worked to ensure that local residents are able to maintain their privacy. The external balconies and terraces will be designed to minimise overlooking onto neighbouring properties and focus on the landscaping instead. In addition, a 2.1m acoustic fence has been proposed on the eastern boundary, to reduce the acoustic and visual impacts of the buildings. We'll continue to look at how we can improve privacy for our neighbours and Uniting Charlestown residents.

#### Traffic and parking

We've had a Traffic Impact Assessment prepared, which considers traffic noise and movement in the local area. This Assessment will be considered by The Department of Planning and Environment. The number of car parking spaces proposed has been based on the needs of Uniting employees and residents, along with community feedback.

The project team will also consider temporary parking and access to driveways during the construction period, to minimise the impact of the construction traffic. We heard that James Street is quite busy, so both the entrance to the building B carpark and the loading dock area have been reconfigured to minimise traffic impacts in this area.

#### Security

Uniting has considered security fencing and surveillance options to minimise risk for both the site and our neighbours.

#### Noise

Uniting will work with an acoustics engineer to limit the noise from the development onto neighbouring properties.

#### Landscaping and retention of existing vegetation

The landscape design within the proposed plan aims to keep as much of the existing plants on site as possible. We will plant additional foliage and shrubs in strategic places across the site, to ensure Uniting Charlestown is set within a beautiful, leafy environment.

#### What's next?

Uniting has submitted the State Significant Development Application (SSDA) and expects it to be placed on public exhibition in the last quarter of 2022. The community will have the opportunity to provide formal feedback via the public exhibition process.

#### I have a question – who can I ask?

If you have any questions or feedback, please contact John Phillipott, Development Manager on 0431 299 216 or email [jphillpott@uniting.org](mailto:jphillpott@uniting.org)

Church in Australia - The Hunter Presbytery

**NEW**

**DAY OUT**  
FOR CHILDREN, YOUTH FAMILIES AND ADULTS

**AND CELEBRATION**  
TWO INTERGENERATIONAL EVENTS FOR EVERYONE

**Saturday 15th October 2022**  
**Adamstown Uniting Church**  
228 Brunner Rd, Adamstown

**DAY OUT**  
9am-3pm All Welcome  
Bec Westphal m: 0432733423  
e: cyw@newlambton.unitingchurch.org.au

Register on Eventbrite at [tinyurl.com/mrrvmxaj](https://tinyurl.com/mrrvmxaj)

**CELEBRATION**  
3pm Refreshments into 3.30pm Celebration  
Now at Adamstown Uniting Church  
Live stream <https://vimeo.com/757031602>  
Rob Hanks m: 0407401833  
e: robhanks@bigpond.net.au

**Some of our Church Contacts:**

**Minister**

Rev Tom Stuart  
M: 0427 625 502  
E: [tom@thestuarts.id.au](mailto:tom@thestuarts.id.au)

**Children & Families Resource Worker:**

Mrs Cathy Beeton  
M: 0409 445 933  
E: [Cath4858@gmail.com](mailto:Cath4858@gmail.com)  
Mrs Cathy Beeton is also our Safe Church Contact Person

**Administration:**

P: 4943 4019  
E: [office@charlestown.unitingchurch.org.au](mailto:office@charlestown.unitingchurch.org.au)  
24 Milson Street, Charlestown NSW 2290  
PO Box 449, Charlestown NSW 2290

**Bank Account Details for the Charlestown Garden Suburb Multi-Centre Congregation:**

Bank Account held with: Uniting Financial Services  
Account Name: Charlestown Congregation General Account  
BSB: 634 634 Account No.: 100030837

**For Offering please put Ref: Offering**

**Keep up to date with happenings and info:**

Webpage: <http://www.chagsuca.org.au>  
Facebook: <http://www.facebook.com/CharlestownUnitingChurch>  
Project Reconnect: <http://www.projectreconnect.com.au>