

*Newsletter*

*December 2016*

*Merry Christmas and Best Wishes for a bright New year!*

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**Office Hours**

Monday to Friday

**9:30am - 4:00pm**

**Staff**

Christine Elder

Gail Finn

**John Hill cssr**

**Katrina Mynard**

**Melissa Smith**

**Melissa Thompson**

**Mariana Voggenreiter**

**Executive Manager**

**Rachel Miers**

**Chairperson JPC Board**

Theresa Mills

**Board Members**

**Thomas Beddoe**

**Kathleen Carroll**

**David Heilbron**

**Sonya Tissera-Isaacs**

**Brian Tooth**

**Margaret Urquhart**

**Br Shane Wood (minutes)**

**Next Newsletter Deadline**

**March 2017**

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**From the Executive Manager's Desk - Rachel Miers**

As December comes closer, we all look forward to the summer, bbq, beach, caravan, holidays, or Christmas shopping. Enjoy it!

Recently a group of ladies from one of our community activities - Deaf Art, together their Advent tree and 25 little boxes with the papers kindly donated by Kaisercraft. The ladies tell me that they enjoyed working on this and look forward to their family's happiness and joy when they open the little boxes. These ladies wanted to share their joy with their families and to appreciate the time together.

That is what Christmas is about, right?

We want to share this celebration with you too, so please do join us for our

**Christmas Mass at 11am & Christmas Rally on the 11<sup>th</sup> December.** BBQ Lunch, salads and desserts will be served. Also there will be a lucky door prize and raffles on that day. Come along and join in the fun. (See the back of the newsletter for information about lunch tickets and raffle tickets).

I would like to take this opportunity to welcome a new team member—Melissa Thompson (Sign name M2 , as we now have 2 Melissa’s who work here!). Melissa (M2) will be responsible for Signee Tots and Coda activities—welcome Melissa!

Also, I want to send out a very big thank you (deaf applause) to all who have supported John Pierce Centre this year. You have responded in a number of ways by volunteering with the Good Guys gift wrapping, community activities, making a donation, Christmas hampers or attending an event. Your support to JPC is always appreciated.

Thank you to all who have donated to JPC in an act of silent “gift giving”. If you wish to donate to a family in their time of need, do consider giving a voucher up to \$20 or \$50. (from Coles or Woolworths). Katrina Mynard in our pastoral team will forward to the families in need, living in the rural areas. It will be a valuable gift to these families.

On behalf of JPC Board and Staff, we would like to wish you all a very Merry Christmas and best wishes for a happy new year.

***Rachel***

**It is not how much we give,**

**but how much we put**

**into giving.**

***Mother Teresa***

## **From The Chaplain's Desk - Fr John Hill CSSR:**

2016 has been some year for us at JPC. There have been wonderful highlights, but also occasions of sadness. The highpoints of this year have been things like the Deaf Expo (horrible weather, but lots of people still came), a retreat JPC staff shared with the staff of the Ephpheta Centre, Bernadette Wallis' wonderful book, and - of course - the Bulldogs winning the flag.

At the same time there have been the sad occasions, especially in 2016 the large number of funerals in the Deaf community. These families will all be feeling a bit sadder this Christmas as they feel the absence of a loved one. Some of those who have died, like Stan Batson, are people who were well known in the Deaf community and around JPC. Others were not so well known. We have also had the funerals of Deaf who died relatively young. The deaths of people like Mark Hageman, Maree Hynes and Tim Pysarenko were particularly sad occasions.

While we can more easily accept the deaths of 80 year olds, it is much harder to come to terms with the deaths of younger people like Mark and Maree, who had their share of suffering before they died.

For some people, things like younger people suffering and dying, make them question their faith, and leads them to abandon any belief in God. They think that, if God lets such bad things happen, then they don't want anything to do with that sort of God.

That question about suffering is an important one, and I think a lot of us have had to face it at some stage of our lives. In the years I have been a priest, I have seen people answer the question in two ways. One answer is to say they don't believe in God any more. The other answer is to say that their faith has grown stronger.

Many years ago I knew a woman named Dora. She was a young married woman in Holland when the Nazis invaded the country. Her husband was taken prisoner, disappeared and was never seen again. She was left to look after three young children. She married again, and not many years later her second husband had a stroke. She looked after him for ten years until he died. Some years after that, her only son died suddenly. Despite all the sadness in her life, she continued to believe in God. She would always say that her faith had grown stronger, not weaker, over the years.

How is it that people like Dora can suffer much in life, and yet still continue to believe? In some mysterious way, people find God and continue to believe, even in times of great suffering. I think one reason they can do this is connected to the meaning of Christmas. Christmas is the celebration of God becoming part of our human world. Jesus is God living in our world. The celebration is about a God who shares in all our human experiences, happy and sad, good and bad. It is about a God then, who knows what suffering is, and who is with us not just in happy

times but in sad and difficult times. This God is with us even in times of grief when we are sad because a loved one is suffering or has died. This God does not magically take our pain away, but helps us through the sadness and grief to find peace and meaning in what has happened to us.

At this Christmas we remember those families in the Deaf community who have experienced the death of a loved one, and for whom Christmas will be a difficult time. We pray that in their sadness they can still experience the presence of God, together with the love and care of their families.

By Fr John Hill

**If you ever need to talk to someone, please do not hesitate to contact JPC. We are always here to talk and if need be, we can refer you to other professionals to get you the support you need. In the meantime, here are some helpful websites to read more about what to do and who to see when you need some help:**

- Beyond Blue:** <https://www.beyondblue.org.au/get-support/get-immediate-support>
- Beyond Blue (for families):** <https://healthyfamilies.beyondblue.org.au/pregnancy-and-new-parents/becoming-a-parent-what-to-expect/emotional-health-and-wellbeing>
- Carer Gateway:** <https://www.carergateway.gov.au/health-and-wellbeing>
- Carers Australia:** <http://www.carersaustralia.com.au/home/>
- Carers Australia VIC:** <https://www.carersvictoria.org.au/facts/impact-of-caring>
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## ***Community: held together by supporting hands....***

***By Melissa Thompson***

This is the first time I am writing in the newsletter so I'd better begin by introducing myself and describing my connections to community.

I started learning Auslan in 2007 when I was studying nursing at Latrobe University. At the time, the course allowed me to choose an elective from outside the Health Science Faculty and I chose Auslan. I absolutely loved it. My first teachers were John Beasley and Berna Hutchins. I was inspired by them; they were wonderful teachers and I fell in love with the language, community and culture.

I am a mother (of a 7 year old boy), a wife, a sister, an aunt, a daughter, a niece, a friend, and until earlier this year, I was a granddaughter. I also recently started working at JPC, I am a volunteer at various organisations, I am on a number of committees, I am a class room helper... and I usually don't get very far without being recognised and greeted by someone I know!

Before my son was born, I was quite independent of those around me. I had colleagues at work, fellow students at university, but beside my family and close friends, I did not really feel connected to a community.

As for so many, "motherhood" brought a lot of changes for me, and I was no longer surrounded by familiar people and familiar routines. In those early months, at home alone with a tiny baby, I felt isolated and invisible. I was not really alone, however, and slowly I found a wonderful group of people who were in the same situation and they were looking for connection too. Seven years ago, I nervously walked through the doors of JPC to attend my first Signee Tots playgroup session. I joined a mothers group, went to parenting information sessions and library story times. As these bonds formed, I was reminded of the saying ***"it takes a village to raise a child"***.

It has been my experience that this village is just as important for the parent as it is for the child. The same needs exist for anyone who is a "carer". My grandmother was a carer for my aunt (she needs full-time care and cannot live on her own). For over 50 years my grandmother cared for my aunt. A widow, with no time for friendships outside the house, she did this by herself, until she was over 80 yrs. old and she suffered a heart event and was physically unable to continue. She then

moved interstate to live with her other daughter (my mother). And then my mother became the carer, again almost by herself, until my grandmother passed away 9 years later. Sometimes I would help as a respite carer, and watching both my grandmother and mother, I have seen the hard work and how isolating life can be for carers. In Australia in 2015 there were over 2.8 million unpaid carers, providing \$60.3 billion unpaid hours per year. Like the parents of young children these people find it very hard to find time to look after or nurture themselves, and need a supportive network around them.

I would like to encourage you, if you are in this position, to reach out to those around you, including the team at JPC.

I would also like us to think who we know in our own groups that may be able to benefit from some support. The idea of supportive hands works beautifully for the Deaf community, where the community bonds are precious and strong.

I would like to finish with a description of sea otters and how they sleep. Sea otters are a marine animal and will often float in groups (called rafts) whilst they eat, rest and sleep. A raft of otters can be anything from two otters to hundreds. Whilst they are rafting, they will all hold hands to stay together in their group; a community held together by supportive hands.

***If you need some support, please contact JPC and we will do what we came to help, and to all the mums, dads and families out there — please consider coming to Signee Tots Playgroup in 2017!  
Everyone is welcome!***

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### Signee Tots:

Signee Tots is for any families who are related to deaf people and who have kids in the family around 0-5years. It is also suitable for anyone who uses Auslan or would like to use sign language with their children.

We have a safe, comfortable, open space for kids to play, sign, talk and for carers to sit, drink tea and relax!

Here is a list of the dates to kick off 2017. And follow us on Facebook to see all the details for the activities planned on each day.

**14<sup>th</sup> Tuesday FEB - Signee Tots**  
**28<sup>th</sup> Tuesday FEB - Signee Tots**  
**14<sup>th</sup> Tuesday MARCH - Outing**  
**28<sup>th</sup> Tuesday MARCH – CODA Day**  
**11<sup>th</sup> Tuesday APRIL - Signee Tots**

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**DEAF ART:**

JPC Deaf Art group has had a lovely time preparing advent trees and houses for Christmas this year and we are excited about the classes planned for 2017.

Do come along and learn a new art, work on your own project and chat with friends.

You will be surprised what you can do!

**UPCOMING DATES- FRIDAYS**

**Start 2017—FEBRUARY:**

**Friday 3<sup>rd</sup>**

**Friday 10<sup>th</sup>**

**Friday 17<sup>th</sup>**

**Friday 24<sup>th</sup>**

**MARCH:**

**Friday 3<sup>rd</sup>**

**Friday 10<sup>th</sup>**

**Friday 17<sup>th</sup>**

**Friday 24<sup>th</sup>**

**Friday 31<sup>st</sup>**

**APRIL:**

**Friday 21<sup>st</sup>**

**Friday 28<sup>th</sup>**

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An update from Sr Bernadette about her book:

Over 900 books, "The Silent Book - a deaf family and the Disappearing Australian-Irish Sign Language", have been sold after Bernadette's national tour Sydney, Melbourne, Brisbane, Hobart and Adelaide, as well as other regional centres.

Various significant people spoke to Bernadette's book at each centre. Book offers an opportunity for many people to learn about the Deaf world and valuable early history in Australia of Deaf education from 1875, as well as why and how Australian-Irish Sign Language came to Australia and why it ceased being taught by 1953 in Australia. The book also tells the story of Bernadette's Deaf parents, Don and Kathleen Wallis, who came from rural Victoria and attended Waratah School for Deaf Children and St. Gabriel's for Deaf Boys in Castle Hill. Bernadette is prepared to speak with any groups of people about the book. (Contact her through the John Pierce Centre or Mob. 0411058046, for more info).

**The book can be a good Christmas present for anyone in your family – hearing people or Deaf people.**

**Cost: \$30**

**From: The John Pierce Centre or,**

**Email: [mssadmin@missionarysisters.org.au](mailto:mssadmin@missionarysisters.org.au) or,**

**SMS: 0411058046 to arrange another venue to pick up the book.**

**Postage: \$15.00 (if you prefer to receive by post).**

By mid-December the book will also be available as an E-book through Amazon or Booktopia. Discussions are taking place about the possibility of the book being partly translated into Auslan by early 2018, as well as an audio-book.

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## **Ladies Day Out**

Ladies Day Out is a great program for ladies of all ages.

We had a great year visiting many different places and spending time with new and old friends. Please tell your friends about our monthly catch ups as we welcome all people throughout the year.

We hope to see you in 2017 to enjoy some happy times and new experiences with you.

### **Peninsula Spa in Fingal:**

In August, we went to Peninsula Spa in Fingal. It was absolutely amazing and so peaceful. Thank-you ladies for the wonderful and peaceful experience.

### **Williamstown Ferries:**

The recent outing in October, we went to Williamstown from Melbourne city and Williamstown Ferry Cruise.

We all enjoyed the wonderful sight of Melbourne/Williamstown and the walks in Williamstown. It was a great day!

The dates for the first few months of 2017 are:

Wednesday 22nd February

Wednesday 22nd March

Wednesday 26th April

## **Men's Group**

Deaf Men's Group is run on a Monday, each fortnight from 10am to 2pm. Most of the men come to the JPC Hall and play cards, talk, and share news.

**Come and join the men's group whenever you like — it's an open house!**

Coffee/ Tea are provided, but please BYO Lunch.

Here are the dates to meet in 2017:

Monday 13th February

Monday 27th February

Tuesday 14th March

(Due to Labour Day)

Monday 27th March

Monday 10th April

Monday 24th April

PANKINA:

**By Malcolm Stevenson**

53 People went to Bus Trip to Marysville then stop for lovely latte and cakes then went to see gallery and a lovely lunch and then around walked, lovely weather We donate jelly beans to have a guessing comp and Elva Dazzalotte won with 149.

We were all very saddened about the passing of John Hageman. We will miss him as a member of our group.

Special Event—Pankina Christmas Lunch

Monday 5th December

The Blackburn Hotel @ 12:30pm

Members cost: \$20 / non-member: \$25

Please contact JPC if you would

Like more information.

Pankina Upcoming Dates—Mondays in 2017:

23rd January—Welcome

6th February—Bingo

20th February— 777

6th March—Bingo

20th March—Crazy Whist

3rd April—Bingo

18th April—777 & draw for Easter

See note: This is a Tuesday meeting due to Easter holidays.

**For more information about our community activities – please contact Katrina in our pastoral team:**

**Katrina on Email: [k.mynard@jpc.org.au](mailto:k.mynard@jpc.org.au) or SMS: 0400 660 601**

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**REST IN PEACE:**

**Helen Brennan—3rd September**

**Denise Dobbyn—14th September (sister of Bob Dobbyn)**

**John Hageman—25th September (father of Anne)**

**Peter Hannan—4th October (husband of Jenny)**

**Maree Hynes—25th October (wife of Gerard, mother of Josephine, Samuel and Lily and sister of Katrina Mynard)**

**Helen Anglicas nee Gul—4th November (ex– Portsea student)**

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News - We need volunteers:

***We will be gift wrapping at the store in Chadstone (Warrigal Rd) for Christmas. All proceeds go to our centre. We have various shifts to choose from and we appreciate ANY time you can offer. You don't have to be an expert wrapper either!***

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Mass times:

**Calendar for Signed Masses**

**First Sunday Mass** every month at John Pierce Centre (start in January 2017)

**Second Sunday Interpreted Mass** at St. Francis Church, Elizabeth Street, Melbourne. **Third**

**Sunday Mass** every month at John Pierce Centre

**All Mass times listed here will be Auslan Interpreted:**

Christmas Eve Mass Saturday 24th December 2016	Prahran, JPC at 3pm
(3 <sup>rd</sup> Sunday Mass) Sunday 15th January 2017	Prahran, JPC 11.00am
(3 <sup>rd</sup> Sunday Mass) Sunday 19th February 2017	Prahran, JPC 11.00am
Ash Wednesday Mass Wednesday 1st March 2017	Prahran, JPC 11.00am
(3 <sup>rd</sup> Sunday Mass) Sunday 19th March 2017	Prahran, JPC 11:00am
<b><i>Holy Thursday 13th April</i></b>	<b><i>Prahran, JPC 3:00pm</i></b>

<b><i>Good Friday 14th April</i></b>	<b><i>Prahran, JPC 3:00pm</i></b>
<b><i>Easter Sunday (3rd Sunday Mass) Sunday 16th April</i></b>	<b><i>Prahran, JPC 11:00am</i></b>

For more info about donations (including bequests & newsletter subscriptions), please contact:

Gail Finn

[Email: g.finn@jpc.org.au](mailto:g.finn@jpc.org.au)

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**John Hageman**

**25<sup>th</sup> March 1941 – 25<sup>th</sup> September 2016**

John was a valued member of JPC and attended the centre as regularly as he can. We are grateful to his family for sharing their special thoughts with us during this difficult year.

John was a kind man, a true gentleman; he was a devoted husband to his wife Rosemary (dec 2005) and a loving father to both of his children, Anne and Mark (dec 2016).

John valued his friendships, loved his footy (AFL- Melbourne, Demons), and was a talented boxer and sprinter in his early days. John loved Holden cars, red wine and a good laugh!

Over many years, John had fought a long and hard battle with cancer. These were difficult times for him, but John always found the strength through his strong faith, this is where he found comfort and solace.

The one thing that stands out about John is that he never gave up. His gentle nature always prevailed the hardships he endured; he was a tower of strength –

a true “hero”.

*Anne Hageman (Daughter)*

He will be sadly missed.....but never forgotten.

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Maree Hynes

30<sup>th</sup> march 1963 – 25<sup>th</sup> October 2016

Maree was a beloved wife, mum, sister, daughter and friend. She was so special and important to so many people and we feel blessed that she was a part of the extended JPC family. We thank the Hynes family for sharing some of these lovely words about Maree with us.....

“We met at Jolimont at a Deaf Christmas mass. When I met her, Maree couldn’t sign. I remember one of the first things she asked me was what your dad look like.

I tried hard to talk to her, so I have one friend to help me who can use oral talk. When Maree moved to the hostel in Melbourne, I start visiting her all the time. I took her to the Deaf Club and helped her to learn to sign.

When we started to date each other I meet all of her family. They are very amazing and wonderful people. Then when I ask her mum and dad if I can marry her, lucky they said yes and we have been married for 30 years.

Maree was a very tough woman; she can do anything- chop wood, cooking, and play cricket. She was always helping me by going to the shop for me for any car things I need. Maree help me do things myself like make my lunch for work or doing my breakfast, not like my mum.

Our friend Linda Sproull says Maree displayed the characteristics that have been hers her whole life – resilience and courage. No matter how hard it was, Maree stuck with it.

Six years ago, we found out she had kidney failure. She started dialysis and unfortunately she couldn’t have a kidney transplant because of her weak heart.

Last year, Maree’s sister Katrina asked us if she could get married at our house. Maree was very excited and proud! It was good to see Maree motivated and

excited to help with organise wedding at our house.

Maree had lots of ups and downs with her health and it was very hard for her. But she was very strong to fight. Sadly her health got worse and she was in pain all the time, so she made the decision to stop dialysis. But all the family supported her decision and now she in peace, with no more pain.

I will miss her conversations with me about anything. I will miss the support for each other. I will love you forever Maree, in my heart”

*Gerard Hynes (Husband)*

“Mums are one of the most influential people in their children’s life. Our mum had so many personality traits that made her the amazing person that everyone knew and loved.

She was the type of person that everyone could have a conversation with; she was open and honest with a tendency to be stubborn at times. She was always sacrificing herself for the needs of those that she loved. Most of all she was loving and caring to our dad and us as her children no matter what challenges she was facing.

Growing up was made easy with Mum around, because we were able to talk about anything and everything. Nothing was off limits with Mum, even if we made any bad decisions. We were never afraid to talk to mum about it because we knew she’d be supportive and not judgmental. She would always guide us in resolving any problems we faced with understanding and positivity.

She showed us the importance of love and family over the course of our lives but especially over the last few years. Even though she was fighting a never-ending battle with her health, she continued to show her love and care for us. She showed us how to be brave along side her when we/she needed it the most.

We’re going to miss seeing her face and telling her good morning or good night, asking how her day went and telling her we love her.

We’d like to thank the John Pierce Centre for their support during this time and it is a place close to Mum’s heart.

We will miss you very much, but we know that you are now in peace and no longer in pain and that you will be watching over us forever”

*Josephine & Sam Hynes (children)*

“Maree had her own character, personality, and of course stubbornness. You can see her character shown in each of her three children. But she also had no fear. She would voice her concerns to anyone. While my dad would give a silent look but for Maree she would use her vocal known to others.

Having a deaf sister in the family was great for me but I know it must’ve been hard for mum and dad. I feel really lucky that she has been there for me every step. She's my sister my best friend and a mum.

We would talk for hours and hours. And when she was working night shift on the weekends, I would always ask mum when Maree was coming home. We were a bit cheeky and we used to talk a lot in Church. Mum or Dad would try keeping us quiet.

Now with face time we could check on each other most days. We thank JPC for giving Maree a loan of their iPad—it was worthwhile and I'm glad I could talk to my sister regularly as she meant the world to me”

*Katrina Mynard (Sister)*

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**Caring for your own health and wellbeing when you are caring for someone else:**

*When you're caring for someone else, it's easy to put your own needs last. But it's important to look after yourself. This means maintaining healthy habits, such as a balanced diet and getting enough exercise. Here is some information we have sourced from the internet. Please look online or come to JPC and use a computer or come and talk to anyone in the JPC team, and we can help you to get the information you need.*

**Healthy habits**—When you look after your physical health, you're more likely to feel better mentally, cope better with caring for someone and feel more in control of your life.

An important first step to becoming healthier is to identify any unhealthy habits you may have and replacing these with new, more positive ones.

Some of the best choices you can make for good health are:

- \* getting enough sleep,
- \* doing regular,
- \* eating a balanced diet,
- \* not smoking,
- \* not drinking too much alcohol,
- \* avoiding

It's also important to manage your stress as best you can.

**The importance of sleep—getting enough sleep is vital for both your mental and physical health. Most adults need 7-9 hours of sleep each day, but this can be hard to get, especially if you're caring for someone who has disturbed sleep.**

**If you're not getting enough sleep, it can be hard for you to concentrate and make good decisions. You might feel irritable, and a lack of sleep can push some people towards.**

**Healthy sleep habits can help improve the sleep you get. There are also other things that may help, depending on whether you or the person you care for has a recognised disorder such as apnoea.**

**If you're feeling sleep deprived, your doctor may be able to provide some advice.**

**Alcohol and your health—Alcohol can harm your physical and mental health. If you drink alcohol, it is a good idea to know the recommended limits. For healthy adults, this means no more than 2 standard drinks a day. Pregnant and breastfeeding women should avoid alcohol altogether.**

**If you have medical conditions or use either prescription or illegal drugs, then even 2 drinks a day might be too much.**

**Also, if you drink alcohol, think about whether or not it could affect your ability to properly look after the person you care for.**

Department of Health for more information, including tips onto manage alcohol intake.

**Smoking**—if you're a smoker, one of the best things you can do for your health is.

Smoking can reduce your life span by as much as a decade, lead to many diseases, and kills 2 out of 3 long-term smokers.

If you smoke, the smoke you breathe out called 'second-hand smoke' can damage the health of people around you.

The good news is that as soon as you quit, there are immediate and long-term health benefits, even if you already suffer from smoking-related health problems.

Check the QUIT Now website for useful tips and tools to help you quit, or call the Quit line on 13 7848.

**Taking a break**—sometimes being a carer can make it hard to find time to socialise with friends and family. You may be too tired or feel you don't have time to have people over, visit others or go on a social outing. Sometimes the person you care for may not want to go out with you, or may not want you to leave them.

It is important to have time for yourself. Respite care may help you to take a break.

**Respite care**—Respite care can allow both you and the person you care for to take a break. You can choose what is best for you and the person you care for.

Respite care can be provided informally by family or friends, or formally by a respite service. Some people may choose respite at home, while others prefer community or centre based services.

**Source:** <https://www.carergateway.gov.au/>

Take a moment to go online and watch this Video—it has captions!

<https://www.carergateway.gov.au/health-and-happiness>

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**Take a moment for yourself to think and be thankful in your daily life:**

Spiritual practices vary in many ways across different traditions. If you can pick one of these examples, then maybe you can take some time to read the world around you—spiritually. This can also help you to take a moment and think and be thankful in your daily lives. If you would like more information or more suggestions, please talk to us.

**Kindness....**Let spirit flow through you in little acts of kindness, brief words of encouragement, and manifold expressions of courtesy. These deeds will add to the planet's fund of good will.

**Gratitude....**Spell out your days with a grammar of gratitude. Be thankful for all the blessings in your life. **Being Present....**Live in the present moment. Don't obsess about the past or worry about the future. All you need I right here now.

**Faith....** Recognise and accept that there is another dimension to the life than what is obvious to us. Live with obstacles, doubts and paradox, knowing that God is always present in the world.

**Openness....**Hold an open house in your heart for all people and for all things. Practice empathy with others and receptiveness toward the universe.

**Nurturing....**Take good care of the best that is within you. Self-exploration and personal growth continue throughout our lifetimes and equip us to tend to the needs of others.

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**JPC Survey:**

JPC would like to thank everyone who participated in our recent 2016 survey. It is clear that we have a centre that means a lot to so many people! We also learned that many of our community members would like to participate in more activities at our community hall. We will share some news in 2017 about some workshops we will run at JPC, so please keep in touch with us and visit our Facebook page for more information about our activities, news and fun and interesting stories!

[Facebook: JohnPierceCentre](#)

**Getting ready for Christmas? Remember to look after yourself and eat and drink in moderation and take care during the silly season!  
And if you are looking for some easy Christmas ideas to eat or to decorate—take a look here!**

**(Ideas from: <https://au.pinterest.com>).**

Vegetable Christmas Tree Platter

Christmas Wreath for door made from candy

Little Santa hats—made from strawberry, slices of banana and grapes

Pita bread with avocado and red capsicum

A coloured tree made from strips of felt or paper.

Oranges pricked with cloves can make beautiful smelling decorations

Homemade angels made from pieces of paper or cardboard

Salad: chick peas, cucumber, cherry tomatoes, capsicum, parsley, white onion—drizzle with lemon juice and olive oil

**Want the newsletter to be posted to you? Or send on Email?**

NEWSLETTER—SEND TO MY EMAIL

Name: .....

Email: .....

Please print clearly

NEWSLETTER—POST TO ME AT A COST OF \$10.00 (FOR 3 NEWSLETTERS)

Name: .....

Address: .....

Suburb ..... Postcode .....

SMS: ..... Fax No: .....

\$10.00 fee paid, how? Cash.....Cheque.....Credit  
Card.....

Receipt Required? Yes.....No..... Can we email your  
receipt? .....

Please tell us if you prefer any of these options or you can view on our website at  
any time.

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