

Parish Voice

The Anglican Parish of Broadview and Enfield, Adelaide SA

ISSUE 19



The Changing Colours of Our Lives

Autumn January '21 – May '21

From the Parish Priest

The first half of the theme 'changing colours' is easy to reflect on – but the second part 'of our lives' makes the theme difficult. Colours change around us for various reasons. In Spring and Summer, the colour of leaves on the trees appears green - but they change to yellow, red, or orange when Autumn approaches because of the lower levels of sunlight that result in lower levels of chlorophyll in the leaves.

Chameleons change colours by accumulating or dispensing pigments within their skin cells. It is to regulate their body temperature or to signal their intentions. They make themselves more flamboyant to attract mates or frighten off challengers, or duller to evade predators.

Squid, octopuses, and cuttlefish change the colour of their skin to match their surroundings in a blink of an eye to hide from their predators. The colour changing cells called chromatophores just below the surface of their skin help them to transform. Some give themselves a pattern that makes them stand out to frighten their predators. Mimic Octopuses camouflage by changing their shape to look like other sea creatures.

The colour of mood rings also changes. The liquid crystals filled in the hollow glass/quartz change colour with the temperature of the wearer's finger causing the 'stone' of the ring to change colour. Some car manufacturers copy the same principle, using thermochromic/sensitive paints so the colour of the car changes on its own. Light-emitting electroluminescent paint that changes colour when an electric current passes through it is also introduced.

A changing colour that is disastrous for the human race and other living beings is the changing colour of our planet Earth. From space, the NASA satellites watch our Earth breathe every single day. They monitor deforestation, massive fires, change in vegetation, changing winds, ocean currents, fisheries health and temperature – and analyses how habitats and ecosystems are responding to these changes in the environment. The colour change of Earth in the last 20 years is quite alarming.

Discrimination based on skin colour is another matter in which colour is involved. Protests such as the 2020 'Black Lives Matter' movement give voice to the beautiful colours in which humanity is created by God.

These are all examples of the roles that colours play in the spectrum of life. So, colours are used to express and influence. There is a link between colours and the emotions they create in us. Though such experiences of colour, to an extent, are culturally and socially construed in us, it is important for us to be surrounded by the right colours for us; they have the power to influence our mood, calm us, reduce our stress, heal us, increase our happiness, boost our energy, become more focused, and increase our warmth and enthusiasm.

Continued overleaf

Parish Programs

Sundays: Sung Eucharist 9.00am St Clement's, 10.30am St Philip's, 4.00pm CSI Malayalam at St Philip's

Tuesdays: Centering Prayer Group 10.00am St Philip's

Third Tuesdays Parish Council 7.30pm St Philip's

Wednesdays: Knit 'n Natter Group 2.00pm fortnightly at St Philip's

May 26; June 9 and 23; July 7 and 21;

August 4 and 18; Sept. 1, 15 and 29

Fridays: Badminton 6.00pm St Philip's Hall

Hospital visits, home communion, baptisms, confirmations, weddings and funerals
by appointment with the Priest.

From the Priest

However, 'colours of life' is a much deeper subject. One of the first things that we learn after being born is to discern between good and bad. The 'good' is usually identified with white colour and the 'bad' with black. As we grow, we start to learn new depths of those colours. We identify pain with 'bad' and joy with 'good'. As we grow older, we discover more colours of life: sadness, surprise, love, anger, pity, jealousy, fear, hate, empathy and so on. As we grow still older, we learn to differentiate between the different shades of the same colour: we learn that pain can not only be physical and but also psychological. Happiness/contentment can result not only after a sumptuous meal but also with a success achieved. Thus, through the prism of experience we learn to identify more and more colours of life. And we gradually identify unpleasant and unsafe colours of life and learn to navigate only through to the safe and pleasant colours. As life moves on, we realise that it was the dark and unpleasant colours which we felt dull and thought useless that have made us feel the attractiveness of the bright and warm colours of life. Without these dark colours we would have had nothing to compare with – we would not have been able to feel a difference. And so all 'colours' are essential to make a life beautiful and enjoyable. And thus, we should value every colour of life because each and every colour plays its part in helping us see our life with all its beauty.

The last four months have been a blessed period for the Parish. New officers were appointed in the Annual Vestry Meeting (p.16) and the Holy Week was blessed with a joyous Eastertide during which the Parish celebrated the Patronal Festival of St Philip's with the Archbishop. Eight children were confirmed in their faith journey on this occasion. And this busy season of the year concluded with the Annual Day celebrations of the CSI Malayalam Congregation. Around the Parish (pp 18 - 31) takes you through this delightful period. The Parish has also replaced the roof of St Philip's Hall and the verandah of St Clement's Hall. We hope to see a few new things happening during the coming period on which we seek God's blessings.

May God's grace abide with us all.

Rev'd Santhosh S. Kumar

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From the Editor



The colours of life are as changeable as those we see through the lens of a kaleidoscope; forever swirling around us as we move through the different phases of our journey. Sometimes those colours are dark and threatening and sometimes they are so vibrant that we are dazzled by our experiences. The one constant in the pallet of colour is the light which underpins that rainbow, our faith in God and our trust in his promise to be with us through all the hues of our lives.



Kay Brindal

Colours of My Life

My grandfather (1857) and his brother (1855) were born at Analaby Station in the mid-north of South Australia. In their youth they moved with my great-grandparents to Kanyaka Station in the Flinders Ranges. From there, the brothers went west to settle at South Gap Station, north of Port Augusta. In 1905, my grandfather, George Hutchinson Greenfield, dissolved his partnership with his brother William concerning South Gap Station, and, with my grandmother, moved another hundred and forty-eight miles north-west to Purple Downs Station.



My grandmother told me it was during a time of many years of good seasons and the country looked like paradise. The sand hills were covered with wild flowers, in particular the purple Vetch – hence the name of the property. My childhood colour, purple, was matched only (after wonderful September rains) with acres of the strikingly unusual red and black of Sturt's Desert Pea. There was one other colour, not common but memorable; after heavy rains, when the creeks 'ran a banker', up came the green and yellow striped 'paddy melons' that the cattle loved to eat.

After I turned 18, I joined the Royal Australian Navy and my world was coloured in navy blue, battleship grey and the black of shoes polished to a mirror finish.

The colours of 'my next life' were decidedly oriental (despite being overflown by the colours of the British Union Jack). The beauty of fire-cracker red, Emperor yellow, jade green and pearl flourished in Hong Kong though in the midst of the Vietnam War.

Then came the multi-themed colours of an over-busy life. The 1980s and through the 1990s was a complete blur of colour. There were school and scholarships, church and charity work, and house parties galore! There was marching in the streets for 'Reclaim the Night', facing authorities and marching with banners for 'Women's Ordination'. There was permaculture gardening, painting of landscapes, and writing of books, marathon running and much, much more.

Now, in my cloistered back garden on three trellises, I return to the colour of my childhood. All the fences, both front and back, are covered in vines. There is the mauve Wisteria and the Morning Glory fighting with a riot of purple Bougainvillea. On the tiled back yard floor are sixty pots of various plants, coloured mostly green and grey. However, there are a couple of exceptions; the very bright, enormous leaves of the ginger plants, striped green and yellow sometimes remind me of the 'paddy melons' that grew like footballs along the banks of the Melon Garden Creek of home.



Margaret N.

Colours in St. Philip's

In the tradition of most Anglican Churches, St Philip's is rich in colour. Our priests wear colourful, symbolic garments in the style of ancient Rome. For Evening Prayer, a cassock or alb, surplice and black stole are worn and for the Eucharist, an alb, stole and chasuble.

The alb, a white full-length garment, is symbolic of the baptismal robe, and reminds us of our baptismal promises to continue as Christ's faithful servants to our life's end, and the commission of all the baptised to Shine as a light in the world. The word alb comes from the Latin albus meaning white. The alb, as such, is worn not simply by the priest, but also by those assisting in the sanctuary. The stole is only worn by priests and deacons and is the mark of office, the symbol of authority. The chasuble 'casula' of ancient Rome which was an outer travelling garment denotes solemnity and is representative of the charity required by the priest.



At St Philip's we celebrate the year with four colours.

Purple in Advent and Lent for waiting and penitence.

White representing the paschal joy, purity, life and light for Christmas, Easter and other occasions of joy.

Black was used in the past for funerals but now **White** is worn as a sign of everlasting life ('death with the sunbeam touches the flesh and the soul awakes').

Green during the Pentecost season is for hope and growth.

Red symbolises the passion of Christ and the blood spilled in martyrdom by Him and many Saints.

In our Sanctuary we have colourful icons and



we are very grateful for the beautiful altar linen lovingly made and maintained by our people. We are fortunate to have a faithful sanctuary guild who add colour to our lives with their beautiful floral arrangements.

About 30 years ago members of our Women's Fellowship, and one man, enthusiastically embroidered kneelers and lectern falls, most of which were designed by Peter Randle but a few of the kneeler designs are from English Cathedrals.

We have 25 windows all stained glass, sixteen made by Cedar Prest and nine designed by Peter Randle. Four of the windows on the Gospel side of the sanctuary represent the four writers of the Gospels. St. Matthew has the emblem of the "Divine Man" because his Gospel teaches us about the human nature of Christ. St Mark's Gospel has a lion which informs us of the royal dignity of Christ. St Luke's Gospel deals with the sacrificial aspects of Christ's life and is represented by a winged ox. The ancient symbol of a rising eagle has been assigned to St John because his gaze pierced further into the mysteries of Heaven than that of any other person.

When thinking of colours in St Philip's Church one cannot help but think of the roses in our Memorial Garden which, at the suggestion of Erik Sherwin, was started in 1984 and thanks to Coral Lesty, Philip Penn and friends continues to be a place of peace and somewhere to take time for quiet reflection with people visiting frequently and leaving flowers in memory of loved ones.

Other colours include the stamps we give to raise money for ABM, the food we donate for Anglicare and the money we faithfully donate each Sunday.



Pamela Sherwin

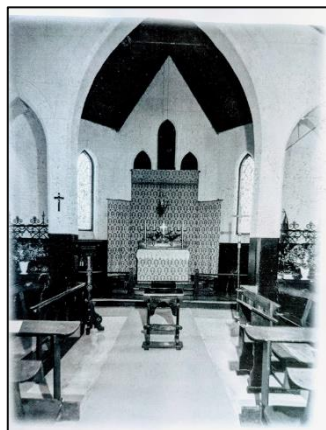


Shades Of Green

No doubt there is a strong correlation between colours and our emotions and our perception of colours is probably influenced by our own personal experiences. As for me, for as long as I can remember, I have always loved the colour green and many of my happy and memorable experiences are associated with the colour green. As a very young child, I remember owning a toy horse. I have a black and white photograph of myself holding the horse with my two cousins. I don't have many photos of the three of us together and the interesting thing about this horse was that it was dark green. To me, the horse seemed to be the focus of the picture and formed a link between us – my cousins' love of horses and my love of the colour green.



I vividly remember certain green items of clothing that I owned. When I was four, I absolutely loved my predominately emerald green fairisle cardigan that my mother knitted, and when I was older, I fondly remember another pale green fairisle jumper that my mother stayed up late to finish so I could wear it to my friend's birthday party. Also, as a student at Enfield Primary School, when my father was a wholesale distributor for Amscol, he sometimes collected me from school in his big green Bedford ice-cream truck. There were large Amscol graphics and a slogan saying, "It's a food, not a fad" clearly painted on the side. As I ran towards the gate to greet him, I was often followed by an excited throng of 'new best friends'!



One of my recollections of the colour green in my life could not be described as happy, but rather surreal and dramatic. Years ago, I remember that St. Clement's Church had a full length green self-patterned curtain on the window and wall behind the altar. I believe this rather enormous curtain was made by my grandmother. In those days, the altar was placed further back, much closer to the wall and curtain.

On this particular occasion, as a young girl, I remember sitting in church when the service was interrupted by a flurry of people desperately trying to extinguish a fire that had ignited this big, green curtain. I cannot remember the cause of the fire (I guess someone must have knocked a candle on the altar), nor can I remember exactly how the fire was extinguished, but what I can remember is that everyone's attention was drawn to the action in the Sanctuary and everyone had a story to tell when they arrived home from church!

After leaving high school, I briefly worked at a children's home in Prospect. As this work involved broken shift work, the need to learn to drive and have a car became quickly evident. Soon, I was driving a 1973 VW Beetle and, of course, it was Grasshopper Green. This little car was a big part of my life. Not only did it take me to work at the children's home, to Teachers College and to various schools where I worked as a teacher, but I found myself taking a great deal of pride in its appearance. As I had kept the car in immaculate original condition, my regular mechanic kept suggesting that I enter it in competitions and I eventually did. This resulted in a large number of first prize trophies.

Needless to say, when Cliff and I married, my bridesmaid's dress was green (green being Cliff's favourite colour too) and when we bought our house, it was white with green woodwork and a green verandah.

To me, as an adult, green is the colour of nature, renewal, harmony and calmness. It is the colour of life itself.



Raelee Gurney

A Kaleidoscope Of Colour

My career path has been an array of contrasts and diverse experiences. I have studied a range of courses since leaving school in 1978 and I have had many jobs over the years.

In 1979, I began my working life as a volunteer student at The House of Tabor (Tabor Bible College), and was then employed as an office worker/receptionist until 1984. I worked from 6am until midnight doing mailing lists for Pastors Barry Chant and Dennis Slape. It was here that I learnt to type-set. I worked on a magazine called "Australia's New Day" (which was originally called "Impact").

I then changed jobs and worked at The Modbury Hospital as a sundry debtor and then an assistant cashier and I finally became the head cashier.

Meanwhile, I was still continuing my studies and in 1996 I delivered "junk mail" and pizzas and worked on the checkout at K-Mart to support myself.

My career took a dramatic turn in from 2003 to 2020, when I worked in Aged Care and I studied a Diploma in Nursing. Between 2008 and 2012, I also worked at Edenfield Hostel at Parafield Gardens and later studied an Advanced Diploma in Nursing. In 2004-2008, I was employed at the Wisteria Grove Retirement Village, Broadview. Out of all the places I have worked, this one stands out the most. I loved the job and the people. The village was set amongst tranquil gardens and I associate it with the colour purple, the colour of the wisteria flower. When I was there, I had a rainbow coloured Honda. It started out as a dull, metallic grey car. I then painted it navy blue, with a clear lacquer impregnated with colourful metallic flakes. I usually parked my car outside the front foyer, where many residents sat together to chat. As they viewed my car through the windows, the residents were delighted by a spectrum of rainbow colours as my car glistened in the sunshine like the dazzling lights on a Christmas tree. These vibrant colours at Wisteria Grove strongly contrasted with the drab colours of my secretarial jobs.

In 2019, the direction of my career path changed once again, with the emphasis shifting from being a carer for people to caring for plants. I now enjoy working in the green outdoors and tending to gardens - weeding, pruning and mowing lawns and I am currently studying for a Diploma in Horticulture.



This is not my car but this is the effect that my paint was like.

Angie

Out Of the Blue

When Sharon and I were travelling in England, Sharon wanted to put her hand into the English Channel. We finally found somewhere to park, which was not easy. We wandered down the pebbly beach and Sharon approached the edge of the relatively calm water. As she bent down to put her fingers into the water, a large wave unexpectedly rushed towards



her. I was behind her, saw the wave coming and attempted to drag her backwards away from the wave. As she turned to run, she knocked me over and tripped herself in the process.

The large wave won.

Both of us were saturated. We sat on the pebbles, exhausted, killing ourselves laughing. We eventually returned to our campervan to change into dry clothes.



John Crowther

Early Experiences Coloured Memories of Church

I am now ninety-one years old. My earliest memory of my life at St. Clement's is when I was a young girl and regularly accompanied my mother (Ada Robinson) to do the church cleaning on Saturday afternoons. I watched my mother as she pulled out the dusty, fawn coconut matting from the floor. (There was no carpet in the church in those days). She diligently swept the surface beneath, sprinkling water as she went to settle the dust. When she had replaced the coconut matting, my mother then arranged vases of flowers, putting them on pedestals and in prominent places in the church. The predominant colour of the flowers coincided with the changing colours of the Church Seasons - white, purple, green and red.

I remember wearing my little pink half-apron as I dusted the pews and everything I could reach. I then went outside and used my little pink apron to gather up the twigs and pieces of bark that had fallen from the gum trees on the church property. I took these pieces of kindling home to be used in our chip heater to warm the water for our Saturday night bath.



When my mother and I returned home from cleaning the church, we were greeted by a row of shiny black shoes. My father (Syd) had cleaned and polished the shoes of each member of our family in preparation for the special occasion of attending church the following day.



I have a strong bond with St. Clement's Church and my church life has been coloured by many fond memories.



Joan Harris

Earth

A planet separated into land and sea,
With luscious blue oceans and green palm trees.
The big land in which we live,
Was made by God and we should appreciate him.
For what we eat and drink is his creation,
And he only used his imagination.

Everyone walking by us today,
Was made by God in only seven days.
The stars in the sky that shine so bright,
He made in the middle of the cold, dark night.

Everything we see today is his creation,
But some people don't appreciate him.
Why does he give us things we need?
Because we believe in him and that he is doing a good deed.

Why did the Lord build the Earth for us?
Because we obey the Lord and that is a must!
When we sin will he be angry at us?
No, that little myth was made out of dust.

The Earth is a planet we need to save from pollution,
Think fast and soon for a resolution.



Nomiki T. (11 years old)

Colours

COLOURS

Colours are my thing!! Matching colours, bright colours, pastels...colours are a main component of my hobbies of photography, accessory-making (jewellery and scarves), a little interior decorating, and gardening.... also, for family, friends and others to enjoy.

Photography



I like to capture: colourful sunsets or sunrises, over water for example – the oranges, reds and golds with dark silhouettes and the purples and pinks of the clouds; the hues of flowers with their shades subtly changing from bud through to mature flower or the capture of water droplets on a petal; the fine pollen grains being gathered by a bee; the bright colours of a friendly bug or bird. Colours in nature can be exquisite – a gift from above, therapeutic and refreshing or simply mind-blowing!

Being able to share this beauty through home-made cards, wall canvases and photo books has been a privilege over many years. Over the last nearly six years living in Adelaide, it's been exciting to explore and embrace the colours of the four seasons once again. Spring and autumn are my favourites; spring for the garden with flowers and foliage, birds and butterflies; and autumn for the leaves reflected on water, carpeting the ground or observed against a bright blue sky.



Attire



Matching colours in clothes and accessories is something I really enjoy doing - way back when our children were young, I used to colour-match all our outfits for church or wherever... living in the tropics made it easy back then! I also found it fascinating studying garment colours according to a person's skin-tone, hair and eye colour and relating it to a season – spring, summer, etc. This then became the person's "season" (from the book, 'Colour Me Beautiful', at the time). I was obsessed!

My love of colour-matching in later years has given me another hobby of Op-shopping (and also the privilege of working in one – assisting customers to find colourful gear to make them feel and look stunning). Finding or making jewellery to match outfits is a passion which also comes in handy when I need a gift for someone - to make something to go with an outfit they love to wear. Moving to Adelaide has opened up a whole new world of colours in scarves (not generally worn in the tropics!)- Finding and making scarves to match outfits – the choices are endless!

Decor

Decorating a new home has also been fun – finding complementing colours in décor and creating room colour themes with so many Op shops to choose from and also supporting local small business here and on our travels interstate.

Working in an Op shop also provided the chance to dress mannequins, arrange attire in colours and styles and shop window-dressing with complementary colours to entice potential customers into the store.



Favourites

When I was young I loved golden yellow, and as I have gotten older I appreciate lots of different colours but I'm quite partial to cobalt blue, teal and jade colours, even though I'm an 'Autumn'. I also love rainbow colours and will often arrange things accordingly - like my granddaughters' coloured pencils or their Lego. Colouring-in (especially mandalas and floral designs) is another hobby I enjoy.

I am so grateful to God for the gift of sight to see and enjoy the colours and hues of life around us and to be able to play with colours creatively not just for myself, but for the enjoyment of others.

Anne Bastian

Life's Colours

I spent the first twenty-two years of my life growing up in a country town in the Lower South East. I have many happy memories of walking through green paddocks with my dog, I had a lot of freedoms that children do not have now. For instance, at the age of ten, I had my own horse and I spent many Saturday afternoons helping my grandfather by looking after herds of sheep on back roads. My grandfather was a drover and during some school holidays, we would drive sheep to market. This often took a week or more, which meant being away from home. At that time, the farmers provided shepherd huts, and I have fond memories of staying in them. These were very basic, just one room with a fireplace and a couple of bunk beds. They were constructed of grey corrugated iron and were in various stages of rusty deterioration. One of them is still standing today and whenever I visit the South East, I drive past it and the memories flood back to my childhood.



*One of the old shepherd's huts
in which Cliff stayed*

As mentioned earlier, I had my own horse, a beautiful brown animal with white mane and hooves. During my high school years, I used to ride to school and keep him in a paddock nearby. Eventually, he was replaced by a shiny black bike. From that time onwards, I have always ridden a bike. It is one of my passions and it has led to me teaching bike safe riding skills to thousands of school children. The emphasis is on safety and the importance of being visible, e.g. bright yellow vests and flashing red and white lights.

I have been fortunate growing up surrounded by the changing colour of landscapes which have helped to define my life.

Cliff Gurney

Love Of Red



My red going away dress

My favourite colour is red. When I was a little girl, Mum would dress me in red as she said red suited me. In my teenage years, I still had some clothes of red – red skirts, blouses, red high heeled shoes and a red jacket, lined with fake white fur. When Cliff and I got married, my going away outfit was a red suit. And...let's not forget the red lipstick and red nail polish too. I still wear some red clothes and one day I hope to have a red car.

Kathleen Lampre

A Brush of Colour



Years ago, a small group of St. Clement's people went to craft classes at the Enfield Uniting Church. In those days, it was quite a popular thing to do and I think they used the church hall and part of the church as well. There was a range of activities offered, including beaded dolls, cake decorating, tatting and glass painting. I learnt how to make beaded dolls and successfully undertake glass painting. I painted pictures of ducks and flowers onto glass jars and I painted on three different sizes of jars. I really enjoyed bringing plain glass jars to life with colour.



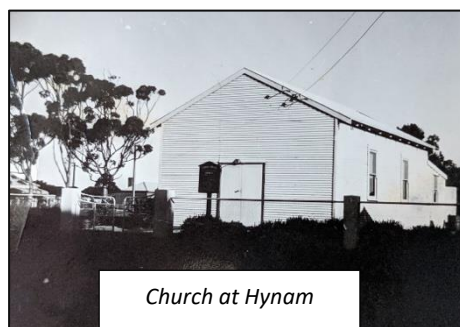
Audrey Adair

Life's Challenge – Contrasting Colours

Having lived in the city all my life, moving to the country with my husband, Horry was what I called a challenge! Horry was from Hynam in the south-east of S.A. Before we married, I had only spent a short holiday in Hynam so the stark contrast between city and country was not evident at first.

My city life was vibrant and modern for the times but Hynam was a very small railway town, consisting only of a 4-Square grocery store, a tiny post office, a school, a church and a blacksmith.

There was a small Church of England church next door to my mother-in-law's house. Horry's grandfather was German and therefore, Lutheran. We attended different churches at first but when we became engaged, Horry converted to Church of England so we could go to church together.



Church at Hynam



The kitchen at our house at Hynam

Of course, I had all modern conveniences in the city, including gas, electricity and running water. By contrast, there was no water or electricity "laid on" in country areas in those days and only a dark wood stove. Being a city girl, this was completely foreign to me and I was quite naïve. I soon realised (from experience) that I had to keep the stove going all day to maintain a constant supply of hot water. There was no refrigeration either. Our meat safe had dull brown hessian on the sides. The hessian needed to be kept wet so that the air passing through it would cool the meat stored inside. We had battery operated wirelasses, kerosene lamps and black flat irons that needed to be put on the stove to heat. We had no mains water. Instead, all our water was stored in a large, grey cement tank outside our home, which the "water train" from Mt. Gambier filled twice a week. Then we had to carry water into the house, heat it up in a brown copper for baths and washing dishes. I remember the inside of the bath was painted with white paint and quite often, when I got into the bath, the paint would separate from the enamel surface and float on top of the water.



Horry, when he was a porter at Hynam

Horry was a porter in the S.A. Railways and eventually he was made Station Clerk at Naracoorte. Naracoorte was larger and more civilised. We had electricity there. The stove was enamel and bright green - much more modern! We then moved to Cummins, on the west coast and Kimba was his first station and then Owen. During this time, I learnt to make bread and Easter buns. We made our own yeast in those days as there was no dried yeast. I also made preservatives and, of course, jam.



Hynam General Store



Hynam Railway Station

After spending so long in the city in my early years, I couldn't believe how well I adapted to life in the country in those days. It was just so different to what I was used to. We never know what we can accomplish until we are faced with challenging situations.

I have had a life of vast contrasts. My faith has helped me through many challenging times.

Plus, I have five very caring girls. I am truly blessed.



Horry's first station at Kimba

Margaret Smith

The Story of the Rainbow

(based on an Indian legend)

Once upon a time, all the colours in the world started to quarrel, each claiming that they were the best, the most important, the most useful and the favourite.

Green began, "Clearly I am the most important. I am the sign of life and hope. I was chosen for grass, trees and leaves. Without me all the animals would die. Look out over the countryside and you will see that I am in the majority."

Blue interrupted, "You only think about the earth, but consider the sky and the sea. The sky gives space and peace and serenity. Without my peace you would all be nothing."

Yellow chuckled, "You are all so serious. I bring laughter, gaiety and warmth into the world. The sun, the moon and the stars are all yellow. Every time you look at a sunflower, the whole world starts to smile. Without me there would be no fun!"

Orange was the next to blow her trumpet. "I am the colour of health and strength. I may be scarce but I am precious for I serve the needs of human life. I carry all the most important vitamins. Think of carrots, pumpkins, oranges, mangoes and paw paws. And while I don't hang around all the time, I do fill the sky at sunrise and sunset. My beauty is so striking that no one gives another thought to any of you."

Red could stand it no longer so she shouted out, "I am the ruler of you all! I am blood – life's blood. I am the colour of danger and bravery. I am willing to fight for a cause; I bring fire into the blood. Without me the earth would be as empty as the moon. I am the colour of passion and love, the red rose, the poinsettia and the poppy."

Purple rose up to her full height and spoke with great pomp. "I am the colour of royalty and power. Kings, chiefs and bishops have chosen me for I am the sign of authority and wisdom. People do not question me! They listen and obey."

Indigo spoke more quietly than all the others though just as determinedly. "Think of me and you all become superficial. I represent thought and reflection, twilight and deep waters. You need me for balance and contrast, for prayer and inner peace."

And so, all the colours continued to boast, each convinced that they were the best and as they did so, their quarrelling became louder and louder. Suddenly there was a startling flash of brilliant lightning. Thunder rolled and boomed. Rain started to pour down relentlessly. The colours all crouched down in fear, drawing close to one another for comfort as the Rain spoke.

"You foolish colours, fighting among yourselves, each trying to dominate the rest. Do you not know that God made you all? Each of you has a special purpose, unique and different. He loves you all. He wants you all. Join hands with one another and come with me.

He will stretch you across the sky in a great bow of colour as a reminder that he loves you all, that you can live together in peace. This bow is a promise that he is with you. It is a sign of hope for tomorrow."

From that day forward, whenever God uses a good rain to wash the world, he puts the rainbow in the sky, and when we see it, let us too remember to appreciate one another.



God bless,
Mary C.

A Trilogy of Colour

Audrey and I live at Barton Vale Lodge, Audrey in an Independent Living Unit and myself in a Serviced Apartment. We are both on the Social Club Committee. As we had some business to attend to, it was agreed that we would meet in the Lodge. Audrey's son Darryl was visiting her and, as he had never been in the Lodge, he decided to come with her to have a look and to take some photographs. Audrey and I completed our business and we were chatting. Darryl said he was from Sydney and I said that my son Andrew Parfitt lives in Sydney and works at UTS (University of Technology Sydney), to which Darryl replied, "So do I ... and he's my boss!"

When Andrew rang me for our usual weekly chat, the first thing he said was, "Good photo Mum". Darryl had sent him a photo with an email saying, "I met your mum."

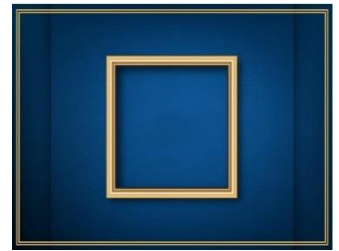
I am looking forward to catching up with Darryl again when he next comes to Adelaide.



*Linking our families
is the black and
white university
logo*

Audrey Adair and Margaret Parfitt

Recently, I slipped over in my unit and could not get up so I activated my call-pendant. After what seemed like an eternity, the paramedics arrived. At the conclusion of extensive tests, they decided that I was alright and lifted me up. The female paramedic then made a long phone call, after which she said that I did not have to go to hospital. She then started on reams of paperwork. When she eventually got up to leave, she looked past me and said, "That's Michael Parfitt". She was looking at a photograph of my son which is set in a gold frame with a blue background. She asked if I was his mother and then said that he was friends with her mother and father. Michael and her father were both high school teachers.



KING'S BAPTIST
Grammar School

The third part of my trilogy goes back a few years when I was in the RAH. While we were waiting for the doctor, the nurse asked me if I had any children. I said that I had two sons but one had died. Just then a lady doctor who overheard what I had said came in and asked if I was Michael Parfitt's mother because she had recognised the surname. She then told me that Michael had been one of her teachers and that she had been in the school choir and had sung at his funeral. As I recount this story I am remembering Kings Baptist Grammar School and their colours of gold, green and red.

God blessed Richard and me with two beautiful sons, but Michael was only with us for 35 years, years which I still cherish after almost 20 years... but I still find myself asking, "Why?"

A very good friend of his was asking the same question and came to us at the time and said, "Heaven was short of organists and that was why Michael had to leave us."

Margaret Parfitt



Team Colours



Me with my grandson

On a Sunday afternoon, I headed off to the Norwood Oval with my son, Adrian and grandson, Alston. The Crows women's side was playing the Western Bulldogs.

Alston had been selected to play "Aus Kick" at half time. This was to be his first game of football. He was supplied with a red top and hat and was playing against the white team.

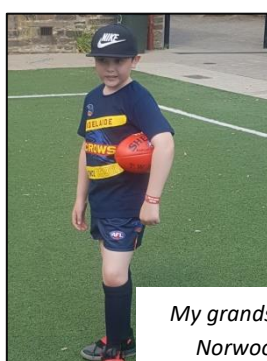
Even though no scores were kept, he kicked two goals. I was so proud of him. Now all I have to do is to get him to follow the Crows!

It was a good day and for the record, the Crows' ALFW players won in what was an entertaining game.

Alston now wants to play in a team. His father is currently looking for one.



My son and grandson



My grandson at the Norwood Oval



My grandson with the colourful Crows

Andrew

A Poem: The Simplicity of a Promise



Christ
Our
Lord
Our
Universal
Redeemer

Grant

What Can I Write About Colours?

My favourite colour is purple, followed by pink and light blue. I prefer pastel shades, except for purple. I love it when the priest wears purple robes.

When I was a teenager, I made most of my clothes. One day, Mum asked why most of my clothes were purple. "I just like it and I feel happy wearing purple", I told her. I did begin to change to other colours, but on special occasions, I always chose purple. I made a long dress and coat for my 21st party. The dress material was sort of mother-of-pearl looking, with little flashes of colours through it. The coat was a purple shot of shantung. I loved it!

Then came my wedding. The bridesmaids' dresses were cyclamen in colour because that is what the two girls liked and I was happy too. Their posies were violets, so purple still featured.

When I was expecting my first baby, of course most knitted or sewn baby clothes were white. I trimmed mine with touches of lemon and pale green, until a little girl arrived and then everything became pink. Thirteen months after the pink phase, a little boy arrived and things became mostly blue. As the children grew, the colours changed from time to time, depending on the current craze.

My sons enjoyed making model planes. They wanted to hang them on the ceiling. Out came the blue paint and the ceiling became a blue sky but I decided it needed clouds to make it look real. I decided I would never attempt to copy the Sistine Chapel roof! Of course, my daughter wanted something on her wall. Holly Hobby was the craze at the time and she wanted one painted on her wall. Holly Hobby wore a blue dress but the long apron was patchwork. Many hours went into painting this because there were lots of patterns and colours and the whole thing was taller than me. She loved that wall.

I actually like all the colours of the rainbow, not just purple. I tend to favour purple flowers in the garden. I feed my hydrangeas a special formula to turn them to a bluey-purple. Most of my roses have shades of pink with touches of yellows in them. I have one mauve-coloured rose. However, my favourite is a beautiful large deep red with a wonderful perfume.

Over the years, God has given me a rainbow of colours to make my life happy and I love the colour palette that God has given us to work with.

Lorraine Fransson



Autumn



Autumn is here,
It's more than nearby,
The leaves are falling,
So, load up your gear.

When we change, it's hard
Sometimes it can make us mad,
But if we don't give up
We can say no to 'nup'.

Shaun M

Never Lose Hope

A butterfly comes from an egg,
To hatch it doesn't need to beg,
God planned something great,
So, it will face an amazing fate.

As it grows into a caterpillar,
It may be fat,
Maybe heavier than a cat,
But God was happy for it was by plan.

In a chrysalis it has no clue,
Before it was finally time it flew,
But even before anyone else, God knew.

Because of God's infinite glory,
This is the end to this story,
Out of the chrysalis comes unimaginable beauty.



Anna S.

My 91st Birthday: Full of Fun, Laughter and Colour

I started celebrating my birthday on the 21st March, with a small, special morning tea with my friends after the church service at St. Clement's. Cliff, Raelee and I then visited my husband Ray's grave. (His birthday was on the 22nd March and he is always in my heart). We then met a few other family members at Café de Grove at Garden Grove. To complete the enjoyable day, after the delicious lunch, we wandered around the colourful garden centre.

The 23rd of March was a beautiful 26C, with a slight breeze. Cliff and Raelee picked me up at 10am and took me on a "Magical Mystery Tour" not telling me where I was going. This sparked much guessing and laughter.



Our first stop was at McLaren Vale for coffee. We were surrounded by beautiful green lawns and vineyards. Overhead were stunning glory vines, the leaves coloured with warm autumn hues of red, brown, amber and saffron, and just a hint of green. We then moved on to the next part of the mystery tour. The guessing and laughter continued. Our lunch destination was a café at Glacier Rock at Inman Valley. The café was decorated in bright teal, lime, brown and white. How blessed I was to spend such a memorable time with wonderful church friends and family.



Joan Harris

Vestry Appointments/Elected Officers 2021

Appointment of Church Wardens by the Priest

- Pamela Sherwin (St Philip's)
- Grant Brindal (St Clement's)
- Mathew Varghese (CSI Malayalam Cong.)

People's Church Wardens

- Lynn Ward (St Philip's)
- Morris Bastain (St Clement's)
- Nevin Abraham (CSI Malayalam Cong.)

Parish Councillors

- Penny Bissel & Yvonne Bennett (St Philip's)
- Lorraine Fransson & Angie Goddard (St Clement's)
- Seena Ajith & Abraham Prince John (CSI Malayalam Cong.)

Nominations Committee

- Penny Bissel

Parish Councillor (Priest's nomination)

- Carren Walker

St Philip's Memorial Garden

- Lynn Ward (Administrator)
- Pamela Sherwin (Supervisor)



Jerusha C.

Ideas to Make Us Think and Smile

Consider this...

The good Lord didn't create anything without a purpose,
But mosquitoes come close.

People are funny; they want the front of the bus,
Middle of the road,
And back of the church.



Some minds are like concrete
Thoroughly mixed up and permanently set.

Coincidence is when God chooses to remain
anonymous

An Orphan's Life

"Bang!"

Thunder struck as Mark peered out from the old and broken window of the unmaintained orphanage called Greenberg. Mark was the youngest orphan to have entered the life-changing orphanage. When he grew older, life there changed with him, the biggest change being the new headmaster whose name was Sidan.

The headmaster was so unmerciful that he would hit any orphan within his eyesight, including Mark, just for his enjoyment. Eventually, Mark thought about escaping the orphanage and the eccentric headmaster. After his realisation, the headmaster opened the crooked door and walked towards Mark with his uneven teeth clattering together. As if Sidan had just read his thoughts, he maliciously exclaimed, "So you're the mischievous orphan who wants to escape my majestic orphanage!"

Mark gulped heavily as anxiety flooded through him while Sidan approached even more closely with a broad smile on his wrinkled face. As the tension-filled scene continued, a crowd of agitated and anxious orphans were peeking through the thoroughly tinted windows to catch a glimpse of what was happening. One of them saw a slight glimpse of a whip behind Sidan's expensive coat so they all yelled, "Run!" and they did just that. Mark happily took their wise advice and ran as fast as a cheetah.

"Whoosh!" The sudden and frosty wind swept in as Mark raced out from the prominently immense orphanage in a blink of an eye. Whilst contently praying to the Almighty God and darting towards the crowded streets, he saw Sidan whip all the orphans with all his might. A form of guilt circled around him as he had escaped untouched.

Thanking God, he eventually reached the modern and busy city. When he did, he saw a couple wandering around amidst the exultantly loud crowd. Mark fortunately came into their view when he stopped to catch his breath back. The couple looked wildly flabbergasted at finding a 10-year-old boy scavenging around all alone. The couple asked Mark, "Where are your parents, boy?"

A hopeless tear rolled down his pale and weary face as he replied, "I don't have any!"

Seconds later, the thoughtful couple took pity on him and said, "Do you want to live with us in our house? We don't have any children."

Mark stumbled uneasily with withered smile not knowing what to say. But after a while, with sombre attempts to agree, he finally portrayed his feelings and said okay. The couple jumped up and down as if they had just won the lottery. The couple then told Mark that, coincidentally, they were both lawyers.

After the talk, they reached home.

"Wow!" Mark exclaimed as he looked at the extremely expensive mansion. As he got in, he remembered something very important. He immediately rushed to his new family and said, "Can you please plead with the government to shut down Greenberg orphanage?"

Surprisingly the couple agreed and said with a straight face. "Count it done!" The very next day, the family went to the placid and unmistakably tidy courtroom. It took an immeasurable amount of time for the case to come to a close. But eventually, the couple did it; they had prevailed and obtained justice when Sidan was put in prison. The family generously hosted an immense feast for the nearby orphans while thanking God for all that he did for them.

Anto S.

Around the Parish

Baptism at St.Clement's

Our family started attending St Clement's in about 1954, when Norm and Mavis Hollitt were attending. To my knowledge they were very involved in the church and attended the service every week.

My grandparents were also married at St Clement's. Beryl (nee Hollitt) and Joseph Williams were married there on September 26th 1959 by Rev. T.R. (Bob) Fleming.

The tradition continued when my parents were married at St Clement's. Sandra (nee Verrall) and Peter Williams were married by Rev. John Gilbert on November 10th 1984.



William and Chloe with their children Arelia, Ella, and Sophia



My parents then baptised my brothers and me at St Clement's.

My eldest brother, Benjamin, was baptised by Rev. John Gilbert on September 14th 1986. I was baptised by Rev. John Gilbert on November 27th 1988. My youngest brother, Matthew, was also baptised by Rev. John Gilbert on March 8th 1992.

Whilst my husband William and I were not married at St Clement's, our three children have been baptised there. Arelia and Ella were baptised by Rev. Santhosh S. Kumar and Rev. Caroline Pearce on June 17th 2018.

Our youngest daughter, Sophia, was recently baptised on March 14th 2021, also by Rev. Kumar. We feel very privileged and honoured to be able to carry on a family tradition for a 5th generation.



'Sophia Jean Hope Smith, I baptise you in the name of the Father, and of the Son, and of the Holy Spirit.'
Baptism at St Clement's on March 14th 2021.



'Sophia Jean Hope Smith, I sign you with the sign of the Cross to show that you are marked as Christ's own for ever.'

William and Chloe Smith

'Shine as a light in the world to the glory of God the Father.'
Grant Brindal lighting the baptismal candle



Around the Parish



Ash Wednesday



After the Ash Wednesday Service at St. Philip's

Combined Worship and Annual Vestry Meeting



Newly formed Parish Choir involving members of all three congregations: Angie, Nevin, Rosemary, Samuel, Nomiki, Hanna, Leon, Shaun, Pat Luke, Carren, Erik and Ian.



A View from the Vestry Meeting



2020 Parish Officers:

Santhosh S Kumar, Lynn Ward, Pamela Sherwin



The day ended with a sumptuous curry lunch



St Philip's on Palm Sunday

Palm Sunday



St Clement's on Palm Sunday



Fr Brian Newman reading the gospel at St Clement's on Maundy Thursday morning service.



Stripping of the sanctuary on Maundy Thursday service at St Philip's

Maundy Thursday



Good Friday morning service at St Philip's: Gwyneth Ottrey in the procession of the cross.

Good Friday



Sophia, Seena and Anu serving the porridge at the counter



Good Friday: after the Malayalam service, porridge is served to follow the tradition.

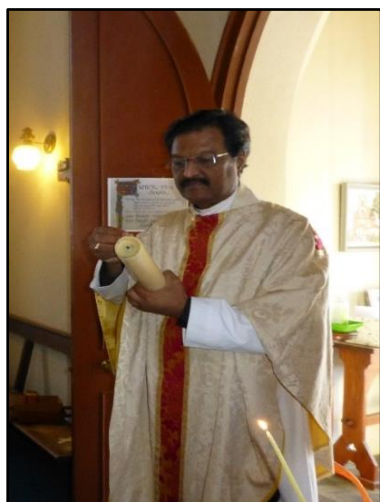


Easter Malayalam service at dawn was followed by an Easter Egg Hunt organised by the Sunday School

Easter Sunday



Breakfast was serviced after the Malayalam Easter service



The Ceremony of the Paschal Candle on Easter morning at St Clement's: 'Christ, yesterday, and today, the beginning and the end, Alpha and Omega, all time belongs to him and all ages; To him be glory and power, through every age and for ever. Amen.'



Easter eggs were blessed and shared at St Clement's Church.



Easter fellowship tea at St Philip's after Easter service



Lynn Ward with the banner of St Philip's and Hazel Price with the loaves and fishes on the sanctuary with the Archbishop

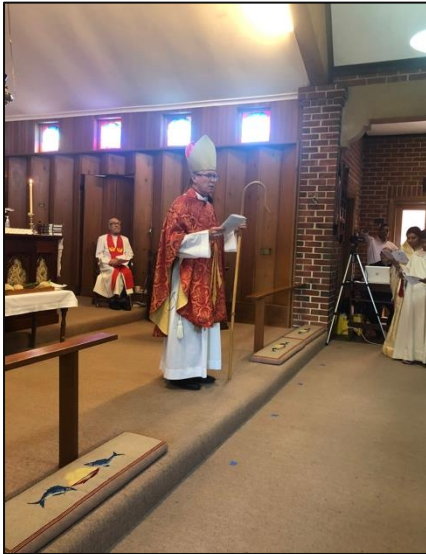


The Parish in combined mode. St Philip's, St Clement's and the Malayalam congregation together.



The Most Rev'd Geoffrey Smith preaching in the service. Behind the Archbishop Grant Brindal live-streaming the service on the Parish YouTube channel.





Archbishop asking the sponsors to present their candidates



My experience of confirmation is I felt very pleased for being a part of Christian Community. It helps me to deeply understand the love and sacrifice of Jesus Christ to the world.

Confirmation means submitting myself to God and pledging that I will be faithful to God always, be responsible and committed to Christian life.

Aaron Sobhitharaj



Confirmation was a very special occasion for me as I had the opportunity to speak for myself of my Christianity. It also strengthened my spiritual relationship with God.

Anna Sudheesh



Confirmation was a truly important occasion for me. On that day I promised God that I will be abiding by the Christian faith. It also extended my understanding with God spiritually as I chose to fulfil my parents' promises that they gave to God when I was baptised.

Anto Sudheesh

Confirmation is the time when we take the promise which our parents took when we were baptised. During this time, we embark on path of true Christianity and share the body and blood of Jesus Christ.

During Confirmation classes we underwent a series of 5 to 6 sessions with the Rev. Santhosh Kumar. In these session we have a variety of group discussions. After these sessions we had a better understanding of confirmation and why we take these promises.

On the day of Confirmation, the Archbishop had a final discussion with all confirmation candidates to assess their willingness to be confirmed.

The symbols of confirmation include: laying of hands, anointing with oil, the cross, Word of God and the sign of peace. The sign of peace symbolises the sign of unity; that we are one people of God.

On 2nd May 2021 by receiving the body and blood of Christ from the Archbishop of the Anglican Church, I voluntarily became a member of the Christian faith with a commitment to lead rest of my life in Christian values and morals. I renounce the temptations of the devil and evil people. I pray to God to give me the strength to honour my commitment to God and the church.

Aleena Abraham

I thought that the confirmation journey was very enjoyable. For me it was about growing closer to God because when I was a child and I was baptised, my parents made the decision for me to be Christian and now when I got confirmed it was my own choice to grow closer to God.



Confirmation is when we accept that we are Christians. When we were baptised, our parents took the vows on behalf of us to raise us in a Christian way, to come to church and to learn about the Lord. When we are confirmed, we take the vows to believe in Christ and to follow in the Christian way.

We had 5-6 classes, right before the worship. The priest discussed the concept of confirmation and encouraged us to ask questions and to do group discussions. We discussed the Christian beliefs and how it impacts our daily life. We also understood the significance of sharing the blood and body of Christ.

We were confirmed on the 2nd May 2021 by the Archbishop of the Anglican church at St Philip's. I am now a strong believer in Christ and continue to remain so with the help of my parents, the Bible, and the fellowship of the church. May God help me in my journey.

Maria Abraham

To me Confirmation means you accept that you are a Christian. I was feeling very excited because I got to eat the body of Christ and drink the blood of Christ by taking the Holy Communion.

Jerusha Agnes Christopher





I thought that the confirmation journey was very enjoyable. For me it was about growing closer to God because when I was a child and I was baptised, my parents made the decision for me to be Christian and now when I got confirmed it was my own choice to grow closer to God.

Nomiki Rebecca Thomas

My first experience of Communion was very quiet as I went to receive the bread and wine. I went up and was waiting for the bread and wine. I closed my eyes and was silent. As I ate, I rejoiced, thanking God for this

food. When I went back to my seat I was feeling happy and joyful. The bread tasted savoury and the wine tasted sour.

Shaun Varghese Mathew



Newly confirmed having their first communion



The Archbishop presents the newly confirmed to the congregation



The Archbishop with the newly confirmed after the service



The Archbishop with the Parish Choir after the service



The service was followed by a sumptuous feast of fish and chips. Lynn, Penny, Pamela, Joshna and Joan at the counter

Shared Luncheon



Ninth Church Annual Day of the CSI Malayalam Congregation was celebrated on May 16, 2021.



Sunday School children singing Yaah Nalla Idayan



Sobjitharaj shawls the Chief Guest Rev'd Samson Devasagayam, Priest in Charge of Emmanuel Tamil Church, Adelaide as the Congregation welcomes him. Standing next to Rev'd Samson: his daughter Hanukkah and wife Rev'd Dr Gethzi Devasagayam



The Day ended with feasting. Rev'd Samson cutting the cake to begin the celebrations



Ian and Val Seaman are thanked by Pamela Sherwin for their dedicated long-time service as the Supervisor and Administrator of St Philip's Memorial Garden.



Children learning the Scripture with Sneha Mathew, Coordinator of Sunday School for the year



Music training for children by Nevin Thomas



Women's Fellowship members with the Archbishop. Activities led by Seena Ajith, Coordinator for internal activities



Home blessing moments on April 8, 2021. Hazel Price is blessed with a new home where the St Philip's family gathered for the blessing.

'May this home be a place of happiness and health; of contentment, generosity and kindness. May those who visit and those who live here know only blessing and peace.'





Brenda, Bev, Heather and Hazel:
long-time friends together in Hazel's new home.



Mother's Day 2021:
mother's standing
with the flowers and
thanking cards
given by their
children. Arranged
by Sneha,
Coordinator of the
Sunday School



Marriage between David Denis Hawke and
Debra Anne Wright,
solemnised St Clement's, 27th February 2021



Angelin Sobhitharaj celebrates her birthday with the CSI
Malayalam Congregation



Nevin Thomas shares his joy on his
birthday with the Congregation





Hanna Ajith on her birthday with the Congregation sharing her joy. In the photo Hanna is with her parents Ajith and Seena, and her sister Meriya.



Leon Mathew cuts the birthday cake with his friends



Nomiki Rebecca Thomas shares cake with her parents on her birthday



Sandeep S Kumar with his parents sharing birthday cake



Picnic to Yankalilla Skate Park April 24, 2021.

On the way the picnickers visited Nan Hai Pu Tuo Temple of Australia at Sellicks Hill and Christ Church Yankalilla with Shrine of Our Lady of Yankalilla.

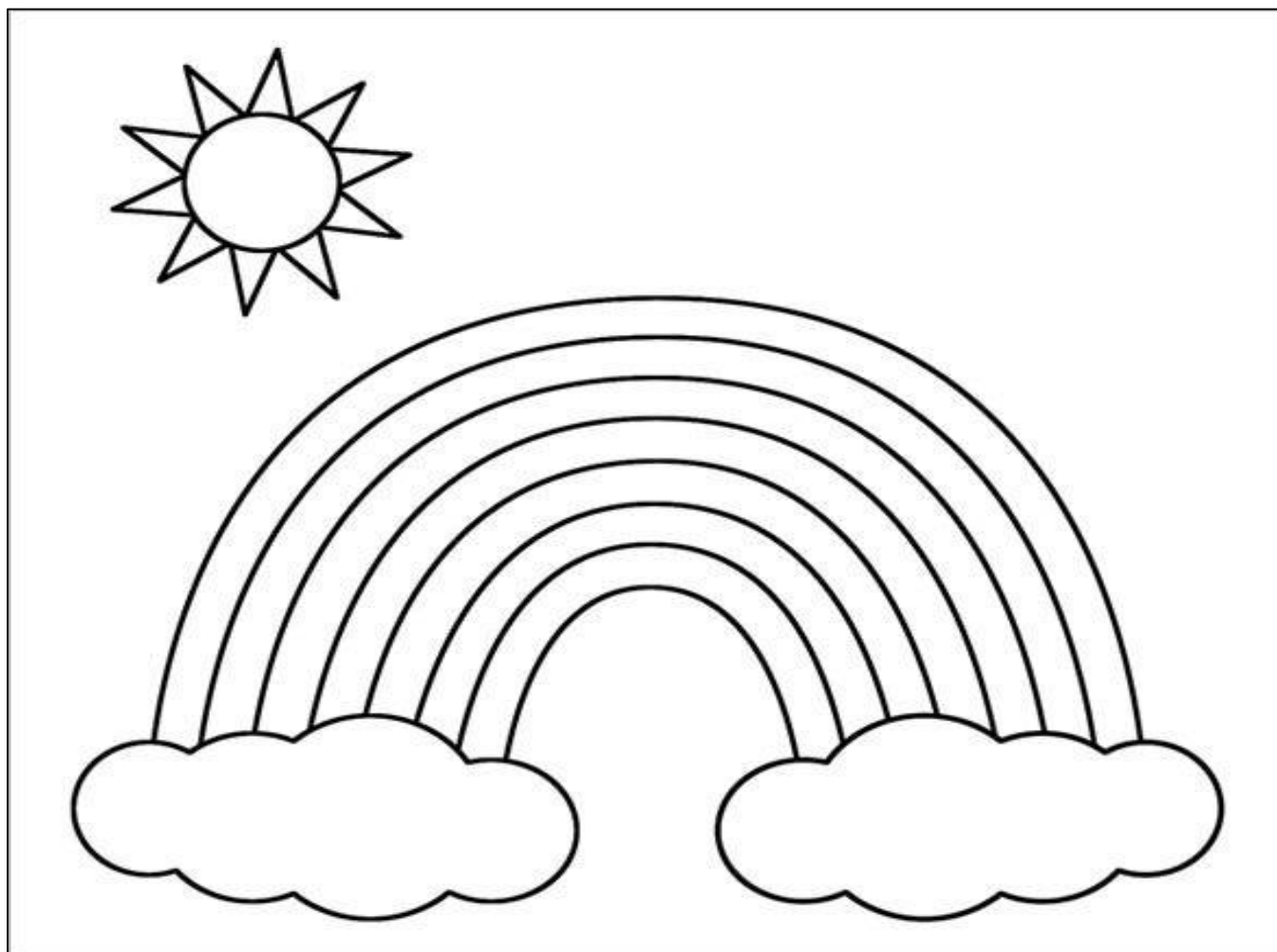
It was a day of fellowship and fun.

Photos: courtesy of:

Raelee Gurney, Maria Abraham, Ajith Simpson, Chloe Williams, Vinny Jose, Abraham Price John, David Denis Hawke, Anne Bastian, Hazel Price, Sandeep S Kumar, and Joshitha Mathew

For the Young and Young Heart

Colour a Rainbow



Activity

Once you have coloured the rainbow, see if you can find something of each colour in your home.

Take a photo of the things you find and send the photo(s) to the Parish Voice team for inclusion in the next edition.

I found a:

Red.....

Blue.....

Orange.....

Indigo.....

Yellow.....

Violet.....

Green.....

For the Young and Young Heart

Word Search

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

kaleidoscope
translucent
universal
pastel
leaves
special
mauve

generations
unexpected
emotion
memories
life
beauty
hues

celebrating
enjoyment
luscious
colours
contrast
motifs
calm

perception
patterns
dazzled
vibrant
harmony
nature
joy

JOKES

- Q: What's green and hangs on a tree?
A: A leaf.
- Q: What room can't you enter?
A: A mushroom.
- Q: What did the big flower say to the little flower?
A: Hi Bud.

- Q: Why are fish so smart?
A: Because they live in schools.
- Q: What did one eye say to the other eye?
A: Between us, something smells.
- Q: What did the traffic light say to the car?
A: Look away. I'm about to change.



Weather Blanket (Knitting Section)



Knitting a Weather Blanket (you can crochet one too if you prefer)

A weather blanket is a knitted chart, made from yarn, which captures the temperatures during a particular period of time in a particular place. It records the high temperature every day during that time. Each temperature range is represented by a coloured yarn and each day a row of colour is added to the blanket.

The blanket comprises a range of colours so here is a suggested pallet for a 'year blanket':



| | | | |
|-------------|------------|----------|----------|
| Under 10c : | WHITE | 27 – 29: | YELLOW |
| 10 -13: | PALE BLUE | 30 – 32: | PEACH |
| 14 -16: | BLUE | 33 – 35: | ORANGE |
| 17 – 18: | DARK BLUE | 36 – 37: | RED |
| 19 – 20: | PALE GREEN | 38 – 40: | DARK RED |
| 21 – 23: | GREEN | 40c+: | PURPLE |
| 24 – 26: | LEMON | | |

Pattern

Using Size 4mm circular needles and 8ply/10ply yarn, cast on 240 stitches.

Complete two rows of garter stitch for each day, changing the colour of the yarn to correspond with the Maximum temperature for that day.

When the time period you have chosen for your blanket is at an end (e.g. one year), cast off.

Using black yarn, pick up stitches around each of the 4 edges of the blanket. Work 8 rows in garter stitch on each side, increasing at each end of alternate rows.

When you have completed four sides, sew the angled corners together.

Finish off the blanket sewing in all yarn ends, then sit back and enjoy your creation.

Kay Brindal

Word Search Solution

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

Recipes to Relish

Gemista (Greek Stuffed Tomatoes and Peppers with rice)

Ingredients

- 8 tomatoes
- 4 green bell peppers
- 1–2 eggplants
- 5–6 potatoes, cut into wedges
- 2 red onions, finely chopped
- 2 cloves of garlic, finely chopped
- 1 zucchini, chopped
- 500g/ 18 oz. rice (for risotto)
- 1 tin of chopped tomatoes
- a small bunch of parsley, chopped
- a small bunch of fresh mint, chopped
- 2 tbsps tomato puree
- 2 tsps sugar
- 2 tbsps of butter
- salt and freshly ground pepper
- olive oil
- 250 grams (8.8oz) beef mince (optional)



Instructions

1. To prepare this delicious Greek, stuffed tomatoes recipe, start by thoroughly washing your vegetables.
2. Slice off the top of the tomatoes; using a spoon remove the flesh of the tomatoes and keep it in a bowl. (The flesh of the tomatoes will be the base for the tomato sauce for the Gemista.)
3. Slice off the top of the eggplants and remove the flesh, using a spoon.
4. Cut flesh of the eggplants in small cubes and set aside, as you will use them later for the filling of the Gemista.
5. Slice off the top of the peppers and remove the seeds and white parts from the inside. Place the empty vegetables on a large baking tray. Try to leave the vegetables as thin as possible, leaving just a little of the flesh, but be careful not to poke through their skin.
6. Season empty vegetables with a pinch of salt and sugar and add a little butter on the bottom of each one.
7. **Prepare the sauce** for the Gemista.

In a blender add the flesh of the tomatoes, 5-6 tbsps olive oil, the tomato puree, sugar, season with salt and pepper and mix to combine. Set aside.

8. **Prepare the filling** for the Gemista.

In a saucepan add some olive oil and sauté the onions, until translucent. Chop the zucchini in small cubes, add in the saucepan and sauté for one more minute. At the end add the flesh of the eggplants (chopped) and the chopped garlic and sauté, until softened. Add the rice and continue sautéing, until it becomes translucent. Pour in 1 tin chopped tomatoes and season with salt and pepper. As soon as the liquid has been absorbed, the stuffing is ready. Remove the pan from the stove and stir in the fresh herbs.

Meat Variation: If you prefer your Gemista spiced up with some meat, try sizzling 250 grams (8.8oz) of ground beef with the onions in the step above. Once the beef juices have been absorbed and the meat is done, chop the zucchini in small cubes, add in the saucepan and sauté for one more minute. At the end add the flesh of the eggplants (chopped) and the chopped garlic and sauté, until softened. Add the rice and continue sautéing, until it becomes translucent. Pour in 1 tin chopped tomatoes and season with salt and pepper. As soon as the liquid has been absorbed, the stuffing is ready. Remove the pan from the stove and stir in the fresh herbs.

9. **Assemble the Gemista.** Spoon the filling inside the empty vegetables and place the potatoes, cut into pieces, in between the vegetables. Season with salt and pepper and pour the tomato juice (sauce) over the vegetables and in the baking tray. Cover the vegetables with their lids and add 2-3 glasses of water.
10. Cover the Gemista with aluminium foil and bake in preheated oven at 180 degrees Celsius for 60-75 minutes. Halfway through cooking time remove the aluminium foil and bake, until nicely coloured.

Maria A (Senior)

Parish of Broadview and Enfield

Calendar and contact details

Parish Webpages and Platforms can be found using the following titles:

- Website: *The Anglican Parish of Broadview and Enfield*
- Facebook:
 - *St Philip's Church - Anglican Parish of Broadview and Enfield*
 - *St. Clement's - Anglican Parish of Broadview & Enfield*
 - *Malayalam Congregation, Adelaide, Anglican Parish of Broadview and Enfield*
- YouTube channel: *Anglican Parish of Broadview & Enfield*

Calendar

June

- 19 Quiz Night
- 20 Sunday School Exam Unit 4:
CSI Malayalam Cong.
- 27 Sunday School Unit 5 commences:
CSI Malayalam Cong.

July

- 10 St Philip's: Winter Fete

August

- 22 10.30 am St Philip's: Combined Worship
Onam Lunch

September

- 25 9.30 am Worship, 11 am Festival
Harvest Festival: CSI Malayalam

October

- 3 9.00 am St Clement's/10.30am St Philip's: Feast of
St Francis of Assisi and Animal Blessing:
4.00 pm Environment Sunday: CSI Malayalam Cong.
- 17 Feast of St Luke the Evangelist and Martyr: Healing
Sunday: CSI Malayalam Cong.

November

- 7 All Saint's Sunday: CSI Malayalam Sunday School
Exam Unit 5
- 21 10.30 am St Clement's: Patronal Festival - BBQ
- 28 First Sunday of Advent: Sunday School Finale: CSI
Malayalam Cong.

December

- 4 Carol Rounds of the Parish
- 5 Second Sunday of Advent
- 11 Carol Nite: CSI Malayalam Cong.
- 12 Third Sunday of Advent
- 17 6.00 pm St Clement's: Fourth Sunday of Advent:
Nine Lessons & Carols
- 24 11.00 pm St Philip's: Christmas Eve Service
- 25 7.00 am Christmas Service: CSI Malayalam Cong.
9.30 am St Clement's: Christmas Service
- 31 11.00 pm CSI Malayalam Cong: New Year
Watchnight Service

Parish Contact Details

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St Clement's Church

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St Philip's Church

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