

Parish Voice

The Anglican Parish of Broadview and Enfield, Adelaide SA

Renewal

Issue 23 Spring 2022



From the Parish Priest

This issue of the *Parish Voice* comes to you as nature is renewed; nature that hibernated in the winter is awakening to the Spring season. The plants that were shut down in Winter are now starting to bring forth new leaves and flowers. The life that is preserved inside the seed is breaking its hard coat – and the shoot is coming out with its first leaves. Every lesson that can inspire us to seek the renewal of our life is contained in this process found in nature.

Primarily, it tells us that it is completely normal that we sometimes get stuck in the valleys of life - and continue in a hibernating mode. We feel helpless to take off from there. We find ourselves stuck, uninspired, or even bored. What we need is a reboot - a renewal – the same as we find in nature. And the ability to renew our life is embedded in us as in every life God has created. We are designed for that.

Nature reveals that the force for our renewal is inside us. New leaves and flowers come out from inside. The hard seed coat breaks open from inside. The shell of the egg breaks from inside. The butterfly makes a hole from inside the cocoon to spread its wings and fly.

So our renewal plan also has to come from inside. However, when we get stuck in the valleys of our lives mostly we will be spending time pitying our situation. This doesn't help us to renew. This only stirs up regret about the past, steals the joy of the present, and drains the hope of the future.

The first step for our renewal is to survey our valleys. We need to examine what caused us to be stuck in this valley. Is it a failure? Health issue? Career pressure? Friendship issue? Financial crisis? Unfair treatment? A failed relationship? Passing away of a loved one? Mis-step/mistake? Loss? Overcoming our story? Conflict with others? Discrimination? Loneliness? Career setback? Decision making? Family problem? We need to survey and identify the issue so that we can overcome it with grace and strategy.

We need to overcome the negative thoughts created by that issue because we cannot undo what has happened. We cannot go back and undo the past – cannot undo the hurts we caused, injustices and betrayals other inflicted on us. But we can choose a wiser path – we can choose to forgive – forgive ourselves and others for hurts and missed opportunities.

We are then ready to begin another Spring of our life – ready to start anew to the mountaintop freeing us from the valley. We are then ready to set the direction of our life better than before, more agile, in line with our dreams, values and purposes - and set the direction of progress. And we are ready to take on the next challenge.

In this new journey we need to pin our trust to a place that will not break. Our trust needs to be in the Lord of Life, the Source of Life who opened the tomb from inside and promised his eternal presence with us.

The Parish had a 'smooth sail' through winter. One of the joyful occasions was Bishop Denise Ferguson confirming five members into the full membership of the Church.

(Continued overleaf)

Parish Programs

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

Tuesdays: Centering Prayer Group 10.00am St Philip's Church

Third Tuesdays: Parish Council 7.30pm St Philip's Church

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

Fridays: Badminton 6.00pm St Philip's Church Hall

Hospital visits, home communion, baptisms, confirmations, weddings and funerals

From the Priest (cont.)

I was also able to take leave from my ministerial responsibilities for two months and travel to India and pay my respects to my mother. This travel had been pending since February 2020 because of the pandemic. Thanks to Reverend Susan for leading the services at St Philip's and St Clement's – and to Reverend Noble and Reverend Paul for ministering the Malayalam Congregation.

The Parish was able to add to its infrastructure, LED signage at St Philip's. Many thanks to Pamela Sherwin who initiated this plan last year and progressed it – and to the present Parish Council who stood firm through the difficulties and completed the task. Special thanks to Ajith Simpson for volunteering a major part of the work to make this project financially viable. We hope to become more visible – and reach the community through this sign.

At this time I also thank God for the life of Suzanne Fraser who has been a worshipper at St Philip's for some time.

I wish you a positive and blessed period of renewal of life as you rejoice, with nature, during this season of Spring.

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Editorial Team

Kay Brindal

Santhosh Kumar

Printing and Distribution

Mathew Varghese

Congregational Representatives

◇ Raelee Gurney

St Clement's, Enfield

◇ Pat Luke

St Philip's, Broadview

◇ Mathew Varghese

CSI Malayalam Congregation

Photos courtesy of:

Maria Abraham, Raelee Gurney, Emily, Ajith Simpson, Joshitha Mathew, Pat Luke, Rosalie Schwartz, Seena Ajith, Hazel Price, Anne Bastian, Rachael Rohde, Lorraine Fransson, Angie Goddard, Margaret Smith

Calling for Contributions

The theme for the Summer Issue (No. 24) of the *Parish Voice* is:

Opportunities

Please think about what you could contribute to our next magazine and speak with your Congregational Representative.

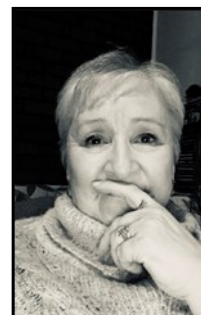
From the Editor

One only needs to pick up a newspaper, scroll through an online feed or watch a nature documentary on television to be reminded of the ever-present and pressing issue of climate change and the need to protect the world we live in by valuing what we have, conserving our resources and protecting our precious planet now and into the future. The theme of 'Renewal' grew from this idea and has been interpreted in a number of ways in the following pages.

Of course, at this time of year as we move into Spring and Summer, we are surrounded by examples of renewal; the new flowers in our gardens, the fledglings out testing their flying skills or the longer days bringing sunshine and warmth.

We renew our faith when we are witnesses at a Baptism or Confirmation. We both sustain and renew our relationship with God in prayer both private and shared.

Renewal is built on past experiences and offers the way to a promising future.



But those who wait on the Lord shall renew their strength. They shall mount up with wings like eagles, they shall run and not be weary, they shall walk and not faint.

Isaiah 40:31

Community Support

Camp Kickstart July 2022 Donation Drive

The CSI Malayalam Women's group - External activities, was able to collate and donate a large number of food and clothing items to Camp Kickstart for Kids just in time for the July school holidays. This is the second consecutive year that we have supported this program. KickStart For Kids is a not-for-profit organisation that helps disadvantaged school children in South Australia achieve positive educational outcomes and increased self-esteem through school breakfast and lunch programs, mentoring programs and their Camp KickStart school holiday care program.

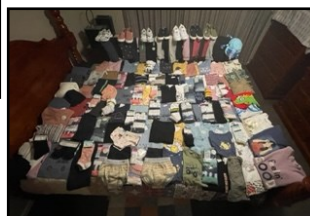
KickStart For Kids CEO, Ian Steel, founded the organisation after mentoring primary school children of lower SES (socio-economic status).

"Our Camp KickStart school holiday camps rely on the generous contributions made by businesses, organisations, and individuals in the South Australian community. It's up to all of us to do what we can to help improve the lives of children in our state."



Maria Abraham & Nomiki Thomas with items delivered to Camp Kickstart

Maria Abraham (Senior)
CSI Malayalam Women's Fellowship co-ordinator
External activities



Confirmation Service at St Clement's



A confirmation service for Rachael, Trent, Aaron, Leannnda and Serah was held at St Clement's Church on June 26.

Bishop Denise Ferguson presided over the service which was attended by family and friends of those being confirmed and by members of the combined congregations of the Parish.



Above: The service begins

Right: Bishop Denise Ferguson delivering the sermon

Far right: Glimpses of the service



*Above: The Parish choir leading the singing
Below: Confirmation of the candidates*





*Above left and right:
Moments in the
service*

*Left: At the
conclusion of the
Confirmation service*

*Right and below:
With Bishop Denise,
family and friends
after the service*



**Congratulations on
your confirmation.
May you hold Jesus
Christ forever in
your heart and be
able to make time
for him.
May your belief in
Christ grow
stronger with time.**

Shared Luncheon



Celebrating on Confirmation Day with shared foods



Women's Sunday



Malayalam Congregation celebrated Women's Sunday on September 25, 2022. Reverend Dr Gethzi Devasagayam was the chief guest at the service.

*Left: Reverend Dr Gethzi delivered the sermon
Below left: Women lead the worship service*



Above: Women wished their Kochamma, Sheeba Santhosh Kumar, happy birthday

Left: Seena, Women's Fellowship, internal ministry



*Above: Sophia.
Right: Maria*



Below: Anu



Congratulations

Nomiki received the 2022 Walkerville Young Volunteer Award in May this year, in recognition of her leadership attributes, sense of social responsibility and regular involvement in fundraising activities.

The award ceremony was held at the Walkerville Town Hall and Nomiki was presented her award by the Lord Mayor of Walkerville.



Jerusha Agnes Christopher represented Parkside Primary School Year 6/7 team in the 2022 debating competitions conducted by Debating SA.

Three hundred and eighteen teams from sixty five primary and secondary schools spanning all schooling sectors in Adelaide participated and this Parkside team reached the Grand Finals.

It was indeed a wonderful opportunity for the girls and a memorable experience of debating culminating at The House of Assembly Chamber, Parliament House, Adelaide, SA.



Sunday School



Left: Sneha Mathew, coordinator of Children's ministry, with the children



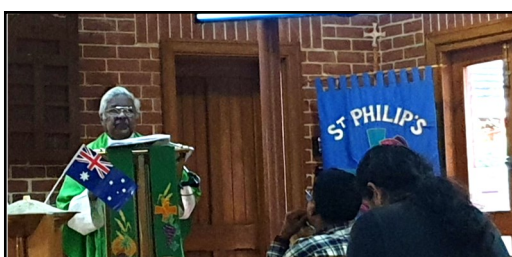
Right: Nevin and Samuel teaching a song to children

Thank You Reverends Noble and Paul

Thanks to both Reverend Noble Sugunan and Reverend Paul Monash for leading Communion services for the Malayalam congregation during Reverend Santhosh's leave.



Left and below: Reverend Noble Sugunan conducting the service



Right: Reverend Paul Monash leading the worship



Thank You



Onam Celebration



Left: Women and Children preparing Athapoovu (traditional fresh flower arrangement)



Above and below :
Communion Service preceding
the Onam celebration



Jeremy enjoying his very first Onam



Glimpses from Onasadya





Women enchanting audience with 'Thiruvathira' dance



Tug of war



Left and below: Children ready for Tug of War



Below: Musical Chair in full swing



Time for men to pose for a photograph



Women posing in front of "Athapookalam"



Australia's Biggest Morning Tea 2022

Our Australia's Biggest Morning tea fundraising event, took place on Saturday June 18, at St Phillip's Church Hall. The event was organised by the CSI Malayalam Women's Fellowship Group – External Activities, with the generous support and help from the St Phillip's and St Clement's congregations.

It was a great day where members of all three congregations, family and friends got together to enjoy delicious morning treats, hear our guest speaker, Sally Bailey-Smith from Breast Screen SA, and raise money for cancer research.

In total \$2,005 was raised from the event and donated to the Cancer Council. This is enough to train nine Cancer Support Volunteers, who work to make sure that nobody goes through cancer alone.

Big thanks to all involved and especially to the local businesses who supported our event with generous donations.

Until next time, take care and look after yourselves



Maria Abraham

Thank You

to the following businesses for their support:

Foodland Sefton Plaza, Coles Northpark, Woolworths Northpark, Officeworks Prospect, Bunnings Prospect, Kmart Churchill Centre, McDonald's Collingwood, Maria Condina from Nutrimetics.



Parish Poetry

Renewal—Spring

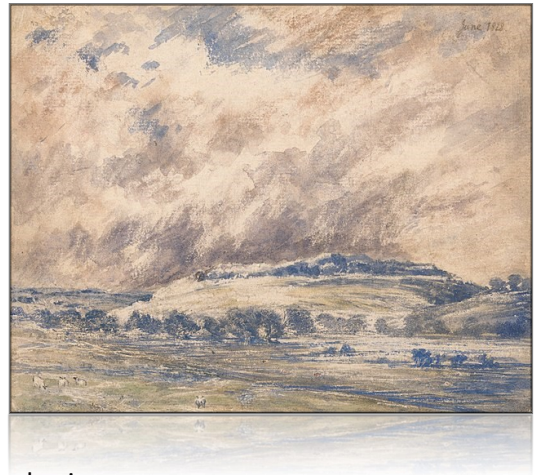
Adelaide winter has been a harsh one,
The Planet Wave burgled in endless rain, fog and ice
Turned precious sunlight thin.
Cemented clouds locked in the gloom,
Made the backyard garden a dark cocoon.
Shut in, shut down because of plague,
Going nowhere; life and living mostly vague.



Yet, hark, see the
Winter Solstice
has arrived,
Pinky dawns prick the horizon,
Earlier mornings are a-coming,
Despite the heavy rain still drumming -
Gift-giving pot plants luscious lives.

Someone is travelling across the miles.
Granddaughter visits for morning tea.
Holiday news. Holiday smiles.
Youthful life is still a spree

When life deems hard, cold and cruel
Comes Spring's comforting renewal



Margaret Nelson

Adventures on the Beach

Seashells scattered on the smooth, silky sand,
Sand castles washed on the great, big land.



Mysterious creatures lying beneath the
trees,
Getting a glimpse of the cold, refreshing
breeze.

"Roar!" A creature woken up from a dream,
Makes everyone fear and about to scream.

Running and chasing the people terrified,
Jumping in the warm water where the sharks lie.

Fins of sharks swimming round and round,
Humans afraid of being death bound.

The bear going back to sleep snoring loudly,
The weather turning very cloudy.

It was time to go home from that adventurous day,
We will never forget it, till we return in May.



Nomiki Thomas

Resurrection
Eternal
Nourishing
Everyone's
Wonder
And
Love

Grant

Birthday Celebrations



Right:
Lorraine's
birthday,
August 8



Morris's birthday, June 18 and Anne's birthday
July 26 which they celebrated on the same day



Cliff's birthday, June 28



Right: Shaun and Abraham Prince
celebrating their birthdays



Right:
The
youngest
and the
oldest in
one
frame!!!
Rev
Noble
tuned 84
and
Jeremy 1



Right: Anto
Sudheeshcel
celebrating
his birthday



Above left: Ajith Simpson
celebrating his birthday

Right: Aaron
celebrating his birthday

Left: Serah Bensilal
celebrating her birthday



Struggle, Yearning and Renewal

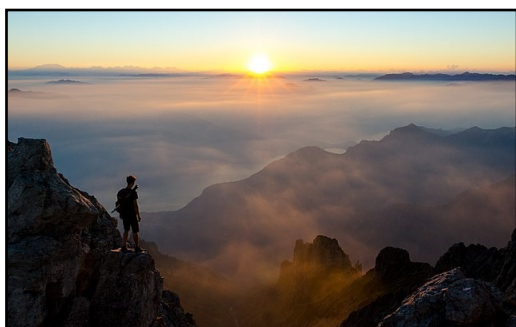
A Contemplation

I write this Contemplation as an encouragement for you.

Every week in our liturgy, as we confess our sins, we ask for forgiveness, and also to be strengthened to love and obey God, in newness of life. Yes, to be renewed! Very easy to say, very hard to do. This requires trust and faith in God's unending grace towards us, as seen in the life of Jesus. How then do we live out that renewal as our lives unfold?

In recent times I've reflected on the notion of struggle and yearning. This has happened through a wide range of experiences I've encountered. I've noticed my struggles may deeply affect my body, mind and spirit. I wonder what your struggles are and how you approach seeking to renew yourselves. You see, we seek renewal every week, yet how is it carried out and practised in our daily living?

Renewal does not come easily. It may become too hard to comprehend what we are struggling with, and what we are yearning for. We may experience frustration, anger, guilt, sadness, restlessness, confusion, anxiety, and give up. This may leave us consciously, or unconsciously telling ourselves that we are not worthy. In that process we lose sight of potential for renewal.



Yet, we are not alone in this wrestle with our inner selves. We may feel alone, and internalise our pain, yet we have the company of others. It's a hard point to come face to face with ourselves. Awareness and acknowledgement is the first step. We know we are forgiven by God, yet we continue to struggle.

My experience of struggle is to stop, and listen, to the things I might say about myself - my self-talk, my inner critic saying, I'm hopeless or not worthy, I keep making unhelpful decisions. The challenge is to recognise our struggles as our teacher and to challenge the destructive voices with affirmative thoughts and

actions. I am lovable, capable and I am a gift to others. I can do this. The challenge is to yearn for better things. It is at this point renewal often comes.

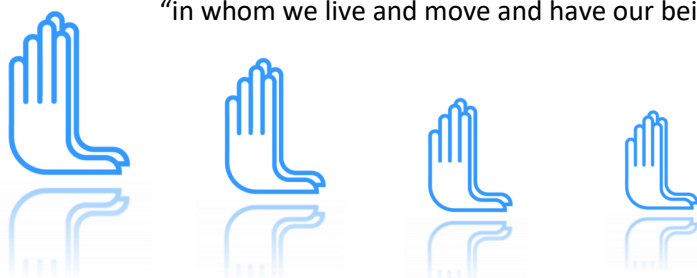
I wonder if you have ever stopped and thought and remembered a very special life event that brings gratefulness into your heart. Dwell on it and soak in it - and perhaps smile/laugh again as you remember. Gratefulness acts as a renewing balm.

St Augustine said, "My Soul is restless, until it rests in you O God", and Henri J. Nouwen reflects on this saying, "... when I examine tortuous the story of my own salvation, I see not only that we are yearning to belong to God, but God is yearning to belong to us."

Matthew 11:28-29 gives us an insight. An invitation for renewal:

"Come to me all of you who are heavy laden and I will give you rest. Take my yoke upon you and learn from me, for, I am gentle and lowly in heart, and you will find rest for your souls."

Struggle, yearning and renewal is a marathon - not a sprint. To surrender ourselves to renewal takes courage, faith and hope for better things. It takes inner discipline, and openness to others and God,
"in whom we live and move and have our being." *Acts 17:28*



Go Gently.

Memories Rekindled in a Heartbeat



Back in the 1990s I absolutely loved the TV series, *Heartbeat*. This was a police drama set in the 1960s, mainly in the fictional villages of Aidensfield and Ashfordly in Yorkshire, England. The drama was based on a series of novels written by Peter Walker, who was formerly an inspector with the North Yorkshire Police. He wrote under the pen name of Nicholas Rhea. The program's title was derived from a combination of the series' main characters - the police officers and the medical staff. (Hence "Heart" came from the medical themes and "Beat" was from the bobby's "beat"). The long running series was on air for 18 years and I was glued to the TV for every episode.

Some of my friends and work colleagues really enjoyed *Heartbeat* too. I purchased a few of the available Peter Walker's books. Some were hard to find due to their popularity but my friends and I would swap what we could get. I even read the autobiography of Bill Maynard, who played one of the main characters, Claude Jeremiah Greengrass, a "loveable rogue".

Although *Heartbeat* had endured many re-runs over the years, I hadn't seen an episode for some time and had almost completely forgotten about it until recently when it was advertised that *Heartbeat* was being re-televised, beginning at the very start. Instantly all the memories came flooding back.

Cliff and I felt very privileged to be living in Australia, one of the few countries in the world that enabled employees to take Long Service Leave. In 1996, we took a 3 month break from work with full pay to travel around the world. We hired a car in Britain and stayed in bed and breakfast accommodation as we meandered across the countryside. When we reached Yorkshire, visiting Goathland (alias Aidensfield), was a high priority. I sat on the famous seat in the town square of 'Aidensfield', which featured at the beginning of each episode of *Heartbeat*. Cliff and I visited the 'Aidensfield Arms' (Goathland Hotel), 'Aidensfield Garage and Funeral Services' and we bought an ice-cream at the 'Aidensfield Stores'. We saw the iconic steam train at the 'Aidensfield Railway Station' and drove and walked around the town, locating buildings that we had seen on television. A sign displayed in a café window advertised "cream tea with homemade scones, jam and clotted cream". This was like stepping back in time with traditional fine china teacups, teapot and a hand knitted tea cosy.

After our first night's stay in a Yorkshire B & B, Cliff and I walked into the breakfast room where two couples were already sitting, mid-way in deep conversation about someone who had cancer and had died. It was quite intense and seemed like a private conversation involving a family member. Then, one of the women turned to us, introduced herself and asked where we were from.



Memories Rekindled ... (cont.)

Following the pleasantries of introductions, she said, "Do you get *Heartbeat* in Australia?" I suddenly realised that they were discussing Kate Rowan, the local doctor in the series. As the Australian broadcasts were behind the British, we were not aware that the character contracted leukaemia and died. I couldn't believe how deeply involved these locals were in the film. It seemed as if they were part of it.

All the memories of our trip to Yorkshire are rejuvenated as I watch and still enjoy that program in 2022. Once again, I am taken back to the 1960s. I am reminded of the political issues and the strict social mores of the era, social change and the resistance to change, the fashion, the décor and the music underlying the storyline. I still love the ambience of the simple village life, the strong connection with the Yorkshire countryside, the community spirit and the relationships formed. I love the characterful old buildings, I love the humour that intertwined the plots and I particularly like the music of a bygone era that sparks many memories but most importantly, I am grateful that we were so fortunate to be able to take Long Service Leave to visit 'Aidensfield'.

Raelee

Thank you Reverend Susan

A special thank you to Reverend Susan Straub for leading our services while Reverend Santhosh S. Kumar was on leave for eight weeks.

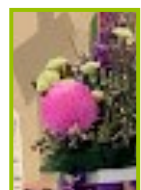
Following her services at St Clement's and St Philip's, Reverend Susan travelled overseas to visit her family for five weeks.

All the best Susan.

Thank you



Farewell to Susan following the St Clement's service



Inspirational Quotes

"Keep smiling, because life is a beautiful thing and there's so much to smile about."

Marilyn Monroe

"Whatever I will become will be what God had chosen for me."

Elvis Presley

Renewed Life

My Family and I were so relieved and happy when I was discharged from hospital after having been admitted with COVID-19, although my health deteriorated when I got home.

My challenging illness took over my body causing a severe impact on my life. I did not have the strength or energy to take part in any conversation or household duties, my brain and concentration were in a fog. My heart played havoc with my body. I thought I had reached the end of my life.

For a full two months, I received full-time care but eventually, with love, attention and prayers, my symptoms became less intense. Each day I improved; each day was a bonus to my renewed life.

I thank my friends from St Philip's Church who visited me, bringing sunshine and comfort to my ailing body. I thank my friends who wrote notes with comforting words, bringing me encouragement. I thank everyone who phoned me with good wishes. I am forever grateful. Everyone helped me to my renewed life. I offer my prayers and thanks.



God Bless.

Mary Craggs



Jigsaw Journey



Jigsaws have had a resurgence in interest lately, possibly due to Covid lockdowns etc. I too have been re-introduced to the pastime via a dear friend and now family members are hooked too! My renewed interest has proven to be quite rejuvenating for the brain; entering another world like you might do with a good novel – a puzzle journey.

The puzzle pictured left is my favourite so far because it has so many little pictures/scenes, with many different colours and some with overlapping components to tease the neurons!

My method of attack after doing the border pieces was to organise all pieces with similar subjects such as all the clocks, cats, buttons, stamps, photos, cameras, perfume bottles, wording, patterns and colours etc.

Each session of compilation found something new I hadn't noticed before and on top of that, there were tiny pink characters scattered throughout for a comical touch! This particular type of puzzle is quite different to doing a single scene puzzle which tends to have many very similar coloured pieces where I would focus more on organising pieces in their colour and shape – as in the puzzle to the right.

If you haven't tried jigsaw puzzles before, give it a go, you might find a renewed or rejuvenated passion!



Anne Bastian

Weeds and Deeds

Renewal can take many forms. For example, it can be renewing a friendship, re-visiting past activities or renewing an environment, which is what I would like to present.



Roses were replaced

Many years ago a Memorial Garden was established at St Clement's Church. From time to time it has needed attention and rejuvenation. Over the years the garden has mainly been maintained by the parishioners. This worked well for a number of years but as time went by, the number of our parishioners has dwindled and the garden maintenance has been more difficult.



*The Prospect Blair Athol Lions Club
Spread the mulch.*

An irrigation system had been installed to help with the watering of the roses and garden beds but this original system still needed to be manually operated. It eventually fell into disrepair and was replaced a few years ago. Although it needs to be checked regularly, it has been very helpful in cutting down the workload.

Recently, Angie and Ron pruned the roses and replaced a number of them. This

winter the weeds started to take over so it was decided that our Memorial Garden again needed some special love.

Firstly, we needed to remove the weeds. Mulch was desperately needed to suppress the weeds and replenish and enhance the impoverished soil. The weeding started with Angie, Morris, Sheeba and Sangeet (who was home from Melbourne) removing the weeds from the sections beside the vestry and between the church and the hall. Later, Raelee, Angie and I weeded the section along St Clement's Street. It was very fortunate that a generous donation from a parishioner enabled us to purchase the mulch we needed.



*The grounds looked great
when finished.*

Earlier in the year, I contacted the President of the Prospect Blair Athol Lions Club and enquired about having some volunteers to help with the task of mulch spreading. Fortunately, they were very happy to help.

After a couple of delays (including some members contracting COVID and their van breaking down), the Lions Club President and two enthusiastic helpers came to St Clement's armed with heavy duty wheelbarrows, buckets and rakes. It all came together and the job was finally completed. We gave the club a donation (once again provided by a parishioner) and morning tea was shared on the balcony of the church hall as an expression of our thanks.

The Memorial Rose Garden beds now look rejuvenated once more. The weeds are gone, the roses are pruned and it all looks rather attractive.

So, looking at the Memorial Rose Garden from inception, through ongoing care, re-planting, weed removal and mulching the garden has had a continuous journey of renewal.



*The Memorial Rose Garden
needed weeding*



*Spreading the mulch
was a big job*



*Gary, President of the
Prospect Blair Athol Lions Club.*

A Lovely Friendship

When I was three years old my parents moved to St Peters and we became friends with a couple who also had a daughter six months older than me. When Margot and I became of school age, we attended All Souls Primary School, which, in those days, was in Sixth Ave. It was a tiny school made of wood and iron. It used to be the original church. (The main church is now in Third Ave.)

Then, when Margot and I reached Grade 3, we were parted. Margot went to Wilderness School for Girls and I went to East Adelaide School until I was in Year 7. I then went to Norwood Technical High School. We were sad that we were parted, but we still spent most of our days after school together. I guess our homework suffered.

Margot lived in a large house with a tennis court where some of our friends met to play tennis so we still spent a lot of time together.

When I married, Margot was my bridesmaid along with my sister. Then one year later I was her Matron of Honour. As my husband and I lived in the country and moved around a lot, Margot and her husband, Peter, would visit us. We all got along well together and Margot and I always seemed to carry on our conversation from where we left off.



Me (left) with Margot

I remarried six years after I lost my first husband and once again, Margot was included in the wedding party, this time as my Matron of Honour.

Margot and I were going to grow old together but that wasn't to be.

We indeed had a lovely friendship.

Mrs. Horace with her attendants, Miss Dorothy Stanier (left), and Miss Margot Elix. Mrs Rochow, formerly Miss Margaret Stanier, is the eldest daughter of Mr. and Mrs. John L. Stanier of Fifth Avenue, St Peters.

Margaret Smith

Essential advice for the gardener:

Grow peas of mind
Lettuce be thankful
Squash selfishness
Turnip to help thy neighbour
And always make thyme for loved ones



A Close Friendship Renewed

When I was around seventeen years of age, I left Miss Mann's Business College and was appointed as a shorthand/typist in a typing pool at the Department of Post War Reconstruction on North Terrace. There were approximately twelve of us in the typing pool. We all became good friends, but I developed a particularly close friendship with a girl named Valerie.

In our lunch hour, when the weather was nice, we would walk around the city together chatting as we went but if the weather was inclement, Valerie and I both enjoyed knitting. We exchanged knitting patterns as well as recipes at times. Valerie and I were both Sunday School teachers - she attended the Uniting Church at Westbourne Park and, of course, I was at St Clement's. We often shared ideas for our Sunday School lessons. This continued for a number of years.

Eventually, Valerie transferred to Canberra to do Hansard, typing the proceedings and debates of the Legislative Council at Parliament House. She loved her job and this is where she met her future husband, Grant.

A short while after Valerie left, I met Ray at the Department of Post War Reconstruction and we married at St Clement's. We were lucky enough to buy a house near my family and St Clement's Church in Enfield. Life tumbled on.

Valerie and I wrote to each other regularly for years. We were each involved in our own commitments. Valerie and Grant adopted two children and Ray and I had Raelee. I helped Ray with his business and Valerie and Grant were involved with their careers and family too so we didn't actually meet up in person. However, we always had plenty of news to write to each other about.

When our families were older, Ray closed his business due to ill health. He had various complaints for some time but as a special 70th birthday celebration for him, we treated ourselves to a driving holiday interstate. Included in the holiday was a visit to see Valerie and Grant, who lived in Queanbeyan. They were so surprised to hear that we were coming and Valerie and I were both overcome with emotion when we finally met.



Valerie and Grant showed us all around Canberra, including Parliament House, where Valerie had worked. Grant and Ray visited the Australian War Memorial. Valerie took me to the Royal Mint and a miniature village at Cockington Green Gardens. Our time together was amazing.

It was wonderful to refresh and renew my friendship with Valerie after so many years. It was as if we had never parted.

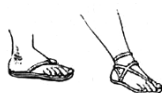
Our friendship had survived the test of distance and time and has continued for over 70 years.

Joan Harris

From the Archives: Did You Know?

St Clement, who had to walk long distances a lot, lined his sandals with wool and because of the heat and the moisture generated from his feet, combined with the pressure by his weight--- he actually invented Feltex.

[This story was broadcast over the Radio 5DN's Morning Show on St Clement's Day, November 23, 1995.]



No Buy July

Here it is – I like shopping; from early days of accompanying Dad with the grocery shopping, to spending the \$6.00 I earned working part-time at Foodland on something from Kmart or on CDs from Brashs.

In 2013 when we saw the devastation of the garment factory collapse in Bangladesh, I re-thought all this consumerism. Unable to overcome the love of shopping, I diverted my energy into buying mostly second-hand, and with that emerged a passion for op-shopping.

Ethically it felt better. One step removed from exploitation, more sustainable, cheaper and more exciting; the hunt for something unique or those slightly out-of-fashion jeans in the right size. This diversion furthered my love for shopping.

Yes, I bring in a lot but I also give back a lot. It is a constant cycle of in and out in our house. The kids are so used to it, if they can't find a toy, they assume it has gone to Savers.

During July this year, I thought I'd set myself a challenge. An actual challenge. And what is better than a challenge that rhymes – 'No Buy July'. In my heart I felt destined to fail, but I never let looming failure bother me. I ended June with a final feast at Savers – like a dieter filling up on junk food the day before they start their diet. I made my pledge on social media to make me accountable and off I went.



How did I do?

That's what everyone wants to know. What metric can we place on success? Did I achieve the goal of not buying anything other than essentials for me and the family. No.

But, I think I did okay. There was one day where I took the kids to the op-shop to spend the goldies Grandma had given them for gardening... and I picked up a nice depression glass cake comport. There was also the time we stopped at Spogs Shed on the way through Minlaton... However there were also several things I saw that I didn't buy. But are the metrics all that matters? Or is it about, eh, experience? Rather than talking about how I did, I'd rather share what I learnt (teacher parents, I can't help myself).

I learnt that self-control is a muscle that needs to be exercised and renewed.

I learnt that failure is a slippery slope that once you have entered, you simply hold on and enjoy the ride to the bottom.

I learnt that op-shopping is one of the few hobbies I have retained into parenthood...and that maybe we need to add some back into the kitty.

I learnt that setting yourself a challenge is great for the soul.

Emily

Helpful Hint

Orange Spray

Soak orange peel in vinegar in a mason jar for two weeks.
Pour the 'orange vinegar' into a spray bottle.
Use for cleaning or as a bug spray.
Good for deterring ants.



Lorraine

For the Young and the Young at Heart

Q : What is a cat's favourite colour?

A : Purr-ple.



Q : What do bumble bees chew?

A : Bumble gum.

Q : What do you give a sick lemon?

A : Lemon aid.



Q : What do elves learn at school?

A : The elf-abet.



Q : Why was 6 afraid of 7?

A : Because 7 8 9



Q : What do you call a deer with one eye?

A : No idea.

Q: What do you call a deer with one eye and no legs?

A : Still no idea



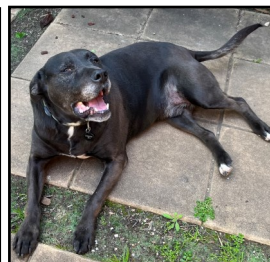
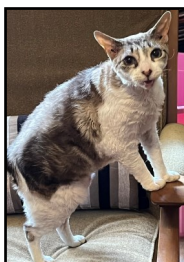
Q : What do you call a row of rabbits walking backwards?

A : A receding hare-line.

Feast of St Francis of Assisi

On Sunday October 2, we celebrated the Feast of St Francis of Assisi, a holy Christian who loved God and all God's creatures.

We gathered in the spirit of St Francis to give praise to God for the glory of God's creation, and to give thanks for the animals in our lives.

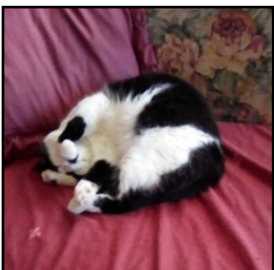


Kay and Grant's animals: (Left to Right) Luna, Bennie and Blake

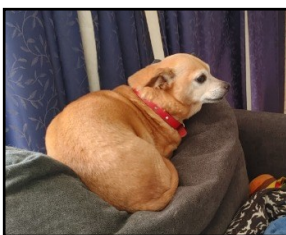


Image by Elisabeth Leunert

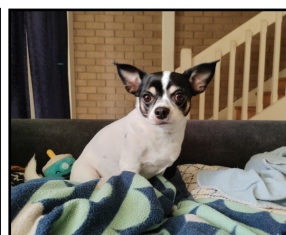
Clive, our 16 year old family member —Emily



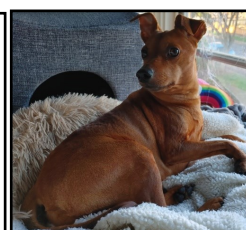
Lorraine's cat Tinkerbelle



Angie's dogs: Fawcks (left) and Zeus (right)



Right: Kevin waiting to greet his family



The animals were blessed at the service using the above photos to represent those which could not attend.



In Memoriam

Above: Ujean Goddard Turner went to 'doggie heaven' on August 27. He was 18 years old (126 in human years). Now resting in peace.

Recipes

Greek Almond Shortbread (Kourabiethes)

Kourabiedes (singular kourabies) originated from Turkey, where they are called kurabiye. In Turkish etymology the word is from the root “kuru” (dry), and “biye” (biscuit). However, they are very popular in Greece, Cyprus, and Greek communities in Anatolia, as well as across the Greek diaspora.

The white colour of the powdered sugar is a symbol of joy and Greek housewives prepare these biscuits on happy occasions like baptisms, weddings and Christmas.

Ingredients

- 500 gm unsalted butter (softened)
- 1/3 cup icing sugar
- 2 egg yolks
- 2 teaspoons vanilla sugar/essence
- 100 gm ground almonds
- 650 gm self-raising flour
- icing sugar for dusting

Method

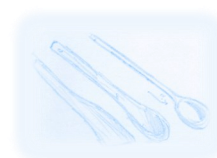
1. Whisk butter and icing sugar with mixer at high speed, until pale and fluffy.
2. Reduce the mixer speed to low and slowly add egg yolks, vanilla, almond (mix until well combined).
3. While mixer is in low gear, slowly add flour, bit by bit until it is all combined.
4. The mix is now ready.
5. Form dough to whatever shape you like and place on baking tray. (No need to butter tray. It's a butter-based shortbread that won't stick.)
6. Place in a preheated 175°C oven for approx. 25 minutes.
7. Remove from oven, sprinkle icing sugar over top and enjoy.



Tips

Ice when still hot and the icing sugar will stick to your shortbread.

If you don't want to ice them all and save some for later, let them cool and stack carefully in an airtight container. Then place in freezer and store. You can simply take them out of the freezer and place them on a baking tray and in a preheated oven for 10 minutes. Then ice and you have the smell and taste of fresh Kourabiethes.



Maria Abraham (Senior)

Three Ingredient Fruit Cake

Ingredients

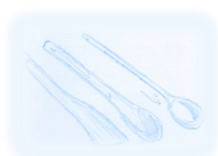
- 1 kg dried fruit
- 2 cups of cold tea, fruit juice or cold coffee
- 2 cups of SR flour

Method

1. Pour liquid over fruit. Leave for at least 2 hours or overnight.
2. Add flour.
3. Pour into a greased and lined cake tin and cook for approximately 2 hours in a moderate oven.



YUM!



Lorraine Frannson

Parish of Broadview and Enfield Calendar Dates 2022

October	02 15 16	Feast of St Francis of Assisi & Animal Blessing: St Clement's 9 am, St Philip's 10.30 am; Environment Sunday: CSI Malayalam Congregation 4 pm Harvest Festival: Malayalam Cong.: 9.30 am Worship and Festival 11 am St Luke the Evangelist Feast Day
November	06 13 19 27	All Saint's Sunday World Sunday School Day: Malayalam Congregation 4 pm Quiz Night St Clement's Patronal Festival Day 9 am, St Clement's First Sunday of Advent, St Philip's 10.30 am Sunday School Finale: Malayalam Congregation
December	04 10 11 17 18 24 25 31	Second Sunday of Advent Carol Nite: CSI Malayalam Congregation Third Sunday of Advent Carol Rounds of the Parish Fourth Sunday of Advent Midnight Mass of Christmas: St Philip's 11 pm Christmas Day Service: CSI Malayalam Congregation 7 am Christmas Day Service: St Clement's 9.30 am New Year's Eve Watch Night Service: Malayalam Congregation 11 pm

Parish of Broadview and Enfield

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

Parish Contact Details

Priest: Revd. Santhosh S. Kumar

Mob. and WhatsApp: 0452 518 913

Email: utckumar@hotmail.com

Office: 9.15 to 11.00 am alternate Wednesdays

Phone: 0417 139 011

Email: broen@bigpond.com

Postal Address

84 Galway Avenue,
Broadview, 5083
South Australia



St Clement's Church

354 Main North Rd
Blair Athol, 5084,
South Australia



St Philip's Church

84 Galway Ave
Broadview, 5083,
South Australia

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