

# ANGLICAN CHURCH of the HOLY CROSS

## Newsletter



## December 2017



## Final Mainly Music for 2017



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I have just arrived back in Perth from interstate after visiting my elderly parents. While away I was forced to confront the issue of dementia not only with regard to my mother (who only has a very mild form of the disease) but also with her brother (who has a very severe form).

I have included two articles that I thought our parishioners would find interesting.  
PB - Editor

## Cover:

Joseph, Mary approaching Bethlehem  
(from the Bible Society)

## Welcome to Holy Cross Church.

We hope that you find the worship uplifting and that your relationship with Jesus Christ is enriched through it.

**Sunday Club:** is held during school term on the first Sunday of the month at 9:00 am. Next Sunday Club is on Sunday 7<sup>th</sup> January 2018.

**Change table** is in the disabled toilet.

**Hard of Hearing:** an AUDIO LOOP operates throughout the church area. Please use your "T" setting to make use of this.

**Gluten Intolerant:** gluten free wafers are available. If required, please speak to the service leader.

**Morning Tea:** we invite you to stay for a cup of tea or coffee and a chat in the hall after the service.

## ANGLICAN CHURCH of the HOLY CROSS

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## Revd. Graeme

The Reverend Graeme Varvell has been the Locum at the Parish of Melville for some time and we have grown to love and respect him.

He has made substantial contributions to our Parish in the time he has been with us.

During this time Graeme has also been the Chaplain at Fiona Stanley Hospital.

Graeme has been diagnosed with cancer and as result has resigned from these positions.

We were shocked and saddened to hear this news. Our thoughts and prayers have gone out to him and his family.

Graeme has been keeping in regular contact with Jill, our Warden, by telephone and SMS, letting her know how he is progressing.

If you want to find out more about Graeme, in the first instance, contact her. ■



## Let Jesus Show!

The nativity scene with all its characters was in place, as the children (representing angels), gathered around the manger. They sang: 'Glory to God in the highest and on earth peace, good will among men'. Suddenly a small girl on the edge of the crowd, who couldn't see what was going on, shouted out, 'Let Jesus show!'

At Christmas time, we want to let Jesus show, in our churches, communities and lives. We have an amazing message to share: *'in the town of David a Saviour has been born to you; He is the Messiah, the Lord'* (Luke 2:10). It was to the shepherds, apart from His parents, that Jesus was first showed.

The filthy, hardworking shepherds, living in the fields with their flock of dirty animals, were unlikely candidates for this honour. By the nature of their work, they had the status of migrant workers. Yet this underlines for us that the good news of Christmas is for everyone, irrespective of social standing, background, race or gender.

No doubt these simple shepherds would have had no idea of what the names given to Jesus fully meant (i.e. Saviour, Messiah and Lord). All they needed to know, and all we need to know, is that God has done something unique in coming to earth as a human being. This is good news of great joy for everybody!

After worshipping the child, the shepherds returned to their normal routine. However, they would never be the same again! Even though their work and social standing were unchanged, they had a message to share and let Jesus show. Although we don't normally see angels, we have the same good news to share! When Christmas is over and we're back to our normal routines, how will we let Jesus show in our lives?

By: The Revd Paul Hardingham ■

## First Things First

When you travel by air, before the flight takes off an airline employee presents a safety briefing, which explains what to do if there is a loss of cabin pressure. Passengers are told that oxygen masks will drop from above and they are to put one on themselves before helping others. Why? Because before you can help anyone else, you need to be physically alert yourself.

When Paul wrote to Timothy, he stressed the importance of maintaining his own spiritual health before helping and serving others. He reminded Timothy of his many responsibilities as pastor: there were false teachings to contend with (1 Tim 4:1-5) and wrong doctrines to correct (v16).

He needed to take care of his own relationship with the Lord first before he could attend to others.

What Paul told Timothy applies to us too.

Each day we encounter people who do not know the Lord.

When we tank up on our spiritual oxygen first through time in God's Word, prayer, and the enabling of the Holy Spirit, we keep our relationship right with God. Then we will be spiritually alert to help others.

A Christian life is the window through which others can see Jesus. ■



## Treasurer's Report

Following is a summary of the financial year (May 2017 to income and expenses for the Parish November 2017 inclusive). for the first seven months of this

	<b>May 2017 to October 2017</b>		
	<b>Actual</b>	<b>Budget</b>	<b>Variance</b>
<b>Income</b>			
Giving	\$20,967.00	\$16,200.00	29%
Facilities Hire	\$8,576.39	\$7,124.00	20%
Other	\$1,954.90	\$4,982.00	-61%
<b>Total Income</b>	<b>\$31,498.29</b>	<b>\$28,306.00</b>	<b>11%</b>
<b>Expenses</b>			
Clergy	\$ 17,901.44	\$15,222.00	-18%
Synod Assessment	\$ 4,400.00	\$3,120.00	-41%
Maintenance	\$ 3,918.91	\$3,000.00	-31%
Utilities	\$ 3,177.76	\$3,711.00	14%
Other	\$ 8,223.71	\$6,289.00	-31%
<b>Total Expenses</b>	<b>\$ 37,621.82</b>	<b>\$31,342.00</b>	<b>-20%</b>
<b>Deficit</b>	<b>-\$ 6,123.53</b>	<b>-\$ 3,036.00</b>	<b>-102%</b>

Other monies received but not included above are:-

- \$32,679.81 bequest from Cecily Smith.
- \$3,000.00 grant from the Diocese and

Taking into consideration these amounts, the Parish has a surplus year to date of \$ 29,556.28 ■

## Defying Dementia

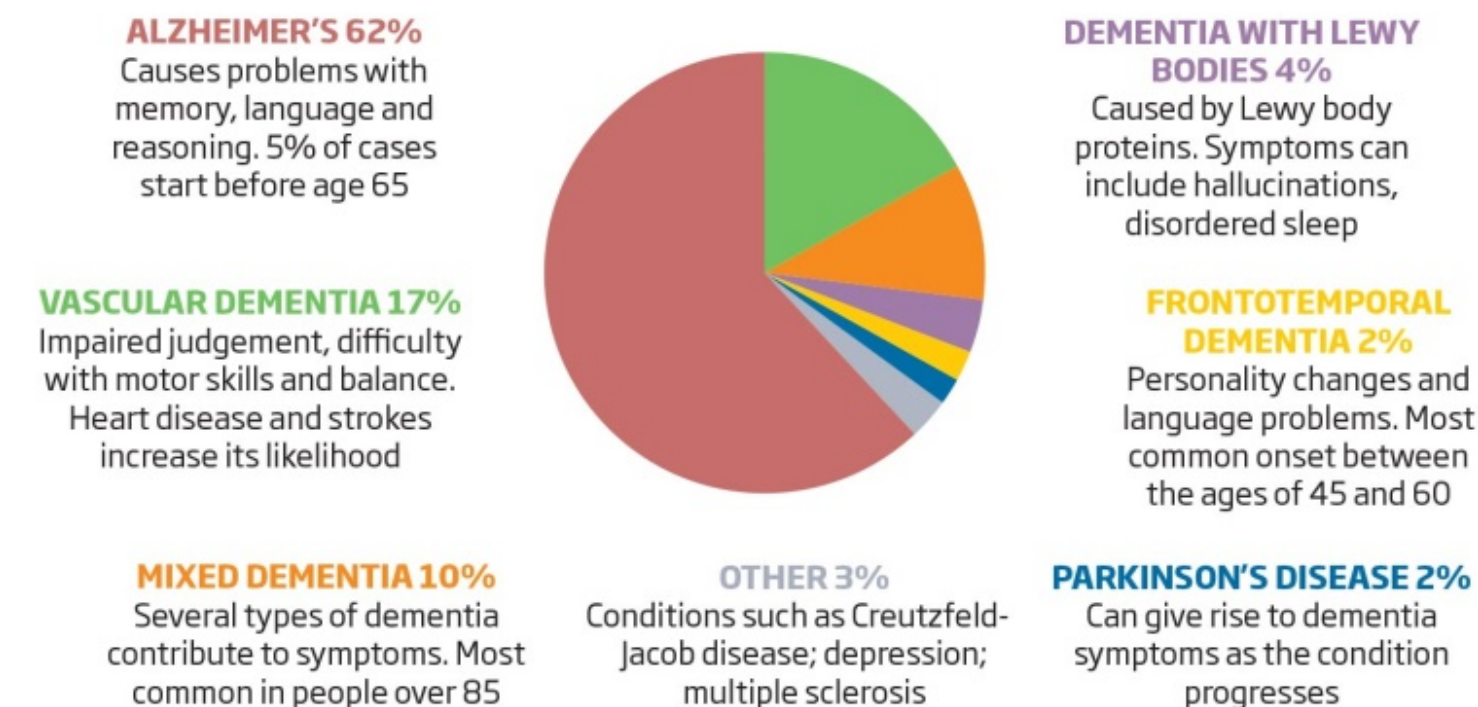
Dementia isn't inevitable. The human brain can stay sharp well past 100 years of life. Yes, getting older slows us down: parts of the brain associated with memory and executive function shrink, myelin sheaths around our neurons start to erode, slowing down signalling, and arteries narrow diminishing blood supply. But those things mainly affect speed: when healthy older people are given extra time to perform cognitive tasks, the results are on par with younger folks.

In contrast, dementia alters the cognitive playing field. As well as affecting memory, it causes issues with understanding or expressing oneself in language, problems with sensory perception, and disturbances in executive function that can undermine day-to-day independence.

Dementia isn't just one thing. People sometimes use dementia and Alzheimer's disease interchangeably. But that isn't correct, (see "The different kinds of dementia", below).

## The different kinds of dementia

Dementia is not one thing. There are several routes to similar symptoms



SOURCE: ALZHEIMERS.ORG.UK



## Defying Dementia (cont'd)

Genes play an important part in many kinds of dementia. If you have a parent or sibling with it, you are more likely to develop it yourself. More than 20 different gene variants are now known to influence susceptibility.

The various conditions give rise to similar symptoms by different means. Vascular dementia, for instance, can result when cardiovascular disease or a stroke limits blood supply and damages brain tissue.

Alzheimer's disease, the most common cause of dementia, is characterised by a build-up of hard plaques of beta-amyloid protein between brain cells, and tangles of tau protein within them. The amyloid hypothesis, the leading idea for how these plaques drive cognitive decline, suggests that a build-up of plaques causes inflammation in the brain, which spurs development of tau, which disables and then kills brain cells, resulting in memory loss, confusion and other symptoms.



## Defying Dementia (cont'd)

The absolute cause of Alzheimer's is far from being agreed on. To begin with, autopsies reveal that many people die with a significant amount of amyloid in their brain without ever showing dementia-like symptoms. And promising amyloid-clearing drugs have failed spectacularly in clinical trials involving people with advanced disease.

Still, most researchers in the field remain convinced that beta-amyloid is central to the Alzheimer's tale, even if it doesn't tell the whole story. There is also evidence that it may be a kind of "diabetes of the brain", where the ability to use glucose, our brain's essential fuel, is impaired. With a condition as complicated as Alzheimer's, as with other forms of dementia, many different factors probably contribute.

Reference: New Scientist Magazine  
26 April 2017 ■

## Dementia & Marriage

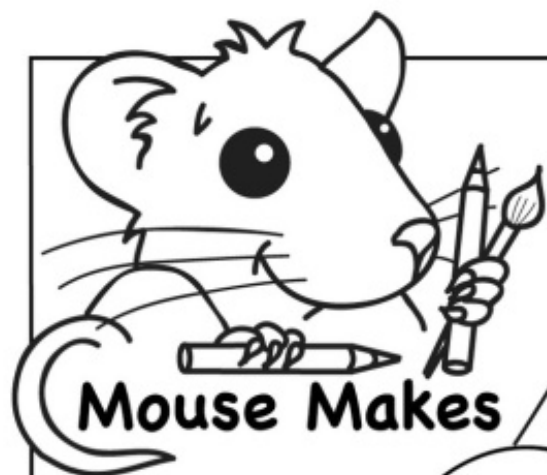
An analysis of more than 800,000 people has concluded that people who remain single for life are 42 % more likely to get dementia than married couples.

The study also found that people who have been widowed are 20 % more likely to develop the condition, but that divorcees don't have an elevated risk.

Previous research has suggested that married people may have healthier lifestyles, which may help explain the findings. Another hypothesis is that married people are more socially engaged, and that this may protect against developing the condition. The stress of bereavement might be behind the increased risk in those who have been widowed.

But marriage isn't always good for the health. While men are more likely to survive a heart attack if they are married, single women recover better than those who are married. ■

Reference: Journal of Neurology,  
Neurosurgery, and Psychiatry



## Mouse Makes

Colour in one star  
a day as you  
countdown to  
Christmas

"I bring you **good news** that  
will bring great **joy** to all  
people. The **Saviour** has  
been born today! ...

Glory to God in the  
highest heaven, and  
peace on earth to  
those with whom  
God is pleased".

from Luke 2  
vs. 10,11,14



C H R I S T M A S

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

MARY • JOSEPH • NAZARETH • GALILEE • JUDEA • BETHLEHEM • DAVID  
HOLY • CHILD • BABY • SON • NAME • JESUS • MANGER • ROOM • INN  
SHEPHERDS • FIELD • GUARD • FLOCK • SHEEP • ANGELS • SHONE • BRING  
GOOD NEWS • JOY • SAVIOUR • BORN • CHRIST • LORD • LIGHT  
PRAISE • GLORY • GOD • PEACE • EARTH • HEAVEN • CHRISTMAS



# Bible Bite

A short story from the Bible

It can be read in the Bible in  
Luke 1:26-56 & Matthew 1:18-25

In Israel, about 2000 years ago, a young woman, Mary, was going to marry Joseph. The weddings were in two stages.

In one year we will  
complete our wedding



Then God's messenger  
angel came to see Mary.



You will have God's baby,  
and call him Jesus, 'God saves',  
because he will save people  
from what  
they do  
wrong.



How can this happen?



With God,  
nothing is impossible.

Your cousin Elizabeth, who  
couldn't have children, is  
now 6 months pregnant.



Mary visited  
Elizabeth.



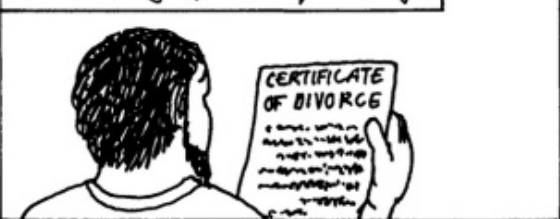
When Joseph heard that  
Mary was pregnant, he  
was very upset



This will bring  
shame on me and  
my family.



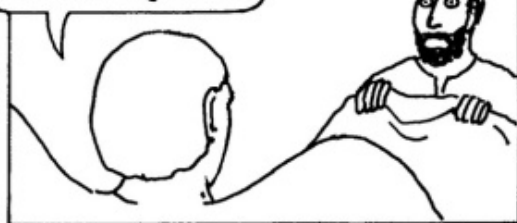
He always did what was right  
so he decided to end their  
marriage, but quietly.



But the angel came  
to him in a dream.



Don't be afraid to marry Mary.  
The baby is God's, and you will  
call him Jesus.



So Joseph and Mary  
completed their marriage.



## Rosters: From Sunday 3<sup>rd</sup> December 2017 to Sunday 24<sup>th</sup> January 2018

Date	Media	Money	Reading	Prayers	LPM/LA	Altar	Welcome	Kitchen
Sun 3 <sup>rd</sup> December	Peter	Tom B David D	Claire Norma	Jill	Claire	Sheri	Betty R Sheri	Adele Mike
Sun 10 <sup>th</sup> December	Mike	Peter B Pat T	Pat T William	Jill	Jill	Sheri	Margaret Betty R	Hazel Sheri
Sun 17 <sup>th</sup> December	Peter B	David J David D	Jill B	Jill	Claire	Sheri	Alice	Joy Frank
Sun 24 <sup>th</sup> December	6:00 pm family service. No morning service.							
Sun 25 <sup>th</sup> December	Mike	Pat T Tom B	David D	Beryl	Beryl	Sheri	Alice	Hazel Sheri
Sun 31 <sup>st</sup> December	Mike	Tim B David D	Claire Norma	Priest	Adele	Carol	Sheri Betty R	Pat Norma
Sun 7 <sup>th</sup> January	Mike	Peter B Pat T	Pat T	Priest	Claire	Carol	Alice	Joy Frank
Sun 14 <sup>th</sup> January	Mike	David J David D	David D	Beryl	Adele	Carol	Betty R Margaret	Adele Mike
Sun 24 <sup>th</sup> January	Mike	Tom B David D	Sue S	Priest	Adele	Carol	Betty R	Hazel Sheri

**Note:** If you are unable to fulfil your roster duty on your rostered day, please try to find someone to swap with and let the Locum Priest or Jill know. If you cannot find anyone, please contact Jill.

## For Your Diary



### Wed 6 December

10:30 am Mainly Music  
(Last session for 2017  
Mainly Music will  
resume again on  
Wed 7<sup>th</sup> Feb 2018)

### Fri 8 December

06:00 pm Happy Hour & Carols  
at Delicious Fingers  
Marmion St, Melville

### Sat 16 December

03:00 pm at St Georges Cathedral  
Children's' Christmas  
Service

### Sun 24 December (Christmas Eve)

11:30 pm at St Georges Cathedral  
Midnight Mass

### Mon 25 December (Christmas Day)

08:00 am at St Georges Cathedral  
Holy Eucharist  
with carols  
10:00 am at St Georges Cathedral  
Holy Eucharist  
with carols

If you would like information about events  
and news within the Diocese that may not  
be mentioned in this newsletter, follow the  
link below to the Perth Diocesan Bulletin.

<http://www.perth.anglican.org/who-are-we/diocesan-bulletin/>

Take C-H-R-I-S-T out of Christmas  
and you're left with a "miss." –  
*Anon*

Christmas gift suggestions: To your  
enemy, forgiveness. To an  
opponent, tolerance. To a friend,  
your heart. To a customer, service.  
To all, charity. To every child, a  
good example. To yourself,  
respect. – *Anon*

He that gives his heart will not deny  
his money. - *Anon*

There are only two families in the  
world, the Haves and the Have-  
nots. - *Cervantes*

From acquaintances, we conceal  
our real selves. To our friends we  
reveal our weaknesses. - *Basil  
Hume OSB*

Old age, believe me, is a good and  
pleasant time. It is true that you are  
gently shouldered off the stage, but  
then you are given such a  
comfortable front stall as spectator,  
and, if you really have played your  
part, you are more content to sit  
down and watch. - *Jane Harrison*



## Service Times at Holy Cross

### Sun 3<sup>rd</sup> December (Violet)

09:00 am Thanksgiving Service  
09:00 am Sunday Club  
Isaiah 64: 1 – 9.  
1 Corinthians 1: 1 – 9  
Mark 13: 24 – 37.

### Wed 6<sup>th</sup> December (Violet)

09:30 am Morning Prayers  
Psalm 86.  
Isaiah 41: 1 – 19.  
Mark 5: 1 – 20.

### Sun 10<sup>th</sup> December (Violet)

09:00 am Service  
Isaiah 40: 1 – 11.  
Psalm 85: 1 – 2, 8 – 13.  
2 Peter 3: 8 – 15.  
Mark 1: 1 – 8.

### Wed 13<sup>th</sup> December (Violet)

09:30 am NO Morning Prayers

### Sun 17<sup>th</sup> December (Violet)

09:00 am Service  
Isaiah 61: 1 – 4, 8 – 11.  
Psalm 126  
1 Thessalonians 5: 12 – 28.  
John 1: 6 – 8, 19 – 28.

### Wed 20<sup>th</sup> December (Green)

09:30 am NO Morning Prayers

### Sun 24<sup>th</sup> December (Violet) Christmas Eve

09:00 am NO SERVICE  
06:00 pm Family Service  
With Nativity Play &  
Carols

### Mon 25<sup>th</sup> December (White) Christmas Day

09:00 am Service  
Isaiah 9: 2 – 7.  
Psalm 96  
Titus 2: 11 – 14.  
Luke 2: 1 – 14 (15 – 20).

### Wed 27<sup>th</sup> December (Red)

09:30 am NO Morning Prayers.

### Sun 31<sup>st</sup> December (White)

09:00 am Service  
Isaiah 61: 10 – 62: 3.  
Psalm 148.  
Galatians 4: 4 – 7.  
Luke 2: 22 – 40.

### Wed 3<sup>rd</sup> January

09:30 am NO Morning Prayers

### Sun 7<sup>th</sup> January (White)

09:00 am Service  
09:00 am Sunday Club  
Genesis 1: 1 – 5.  
Acts 19: 1 – 7.  
Mark 1: 4 – 11.



# CELEBRATE CHRISTMAS

at

Holy Cross Melville  
56 McLean Street, Melville

**Christmas Eve (Sunday 24<sup>th</sup>)**

Informal Family Christmas  
Service (nativity, carols)

6.00pm

**Christmas Day (Monday 25<sup>th</sup>)**

Service of Holy Communion

9.00am

**For further information**

Jill

0417 178 688

Or check our website

<http://holycrossmelville.org>

