

WESLEY NEWS

OCTOBER DIARY DATES

Sunday 1st at 10.00 am
Rev Phil Hoffmann
Holy Communion
PENTECOST 18

Sunday 8th at 10.00 am
Rev Dr Jonathan Barker
PENTECOST 19

Thursday 12th at 2.00 pm
CHURCH COUNCIL

Sunday 15th at 10.00 am
Pastor Andrew Kieselbach
PENTECOST 20

Sunday 22nd at 10.00 am
Rev Mark Dickens
PENTECOST 21

Saturday 21st
9.30 am – 12.00 noon
**CONGREGATIONAL
PLANNING DAY**



Sunday 29th at 10.00 am
Rev Mark Dickens
PENTECOST 22

COMMUNITY MORNING TEA

In middle hall
Wednesday mornings
10.30 am – 12.00 noon

MUSIC @ WESLEY

Choir Practice
Wednesday evenings in the
choir vestry at 7.30 pm

WESLEY IS HOME TO
Adelaide Harmony Choir
**Metropolitan Musical
Theatre Company**
**Organ Music Society of
Adelaide Music Library**

FROM THE MINISTER

I am writing this from the back seat of the car! It would be a worry if I were doing it from the driver's seat!! After four weeks, without a weekend off, I'm on my way with my wife, Karen, and eldest daughter, Annabelle, for a six day break to Faraday, near Castlemaine, Victoria. Two of those days will be travelling as it is a 7 hour trip plus breaks to get there. That said, I don't mind car trips. I could drive all day; just not now! Our break will be on a 10 acre block in scrubland. It makes for a nice retreat.

Life keeps us all busy in one way or another, regardless of whether we're in paid employment or retired. I say retirement isn't stopping work. It's the period of life where, largely, you can do what you want to do when you want to do it. That said, life can't be all 'work', whatever that work might look like for you.

Rest and recreation are essential for maintaining physical and mental well-being, reducing stress, and improving overall quality of life. Here are a few reasons why they are important:

Stress Reduction: Taking time for recreation and relaxation can help reduce stress levels. It allows your mind and body to unwind and recharge, making you better equipped to handle the demands of work and daily life.

Physical Health: Engaging in recreational activities can contribute to better physical health. Whether it's going for a walk, playing sports, or dancing, these activities help improve cardiovascular health, increase physical fitness, and maintain a healthy weight.

Mental Health: Recreation is also crucial for good mental health. It provides a break from the routine, stimulates creativity, and can be a source of happiness and fulfillment. It can also help combat symptoms of depression and anxiety.

Enhanced Relationships: Spending quality time with family and friends during recreational activities can strengthen relationships. Shared experiences create bonds and memories that can last a lifetime.

Increased Productivity: Contrary to the belief that constant work leads to greater productivity, taking breaks and engaging in recreational activities can actually boost your productivity. A refreshed mind is often more focused and creative.

Improved Work-Life Balance: Balancing work and recreation ensures a healthier work-life balance. Neglecting recreation can lead to burnout and decreased overall satisfaction with life.

The definition of recreation will vary from person to person. It can include activities such as reading, walking or hiking, painting, gardening, playing musical instruments or singing, or simply spending time with loved ones. The key is to find what brings you joy and relaxation and make time for it in your life, no matter your age or stage in life.

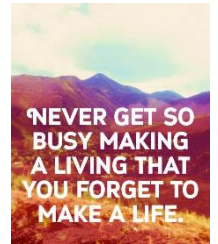
Spiritually, our health and wellbeing can be nurtured through prayer and meditation. Jesus knew this. In his busy-ness he took time to be alone and pray.

May you find the time, or, more importantly, make the time for rest and recreation that is nurturing and enriching for your health – body, mind and soul.

On that note, I'll sit back now and enjoy the ride!!

Rev Mark Dickens.

(For further reflection take a look at Mark 6:31, Matthew 14:23, and Matthew 11:28-29.)



Wesley Uniting Church Kent Town
27 Grenfell Street, Kent Town



PLANNING DAY 2023

Saturday morning 21st October, 9.30am-12.00noon in the Back Hall.

We invite you to join with other members of our church community to help us plan for our future.



How do we ensure that this church remains as a place of worship, witness and community service for many years to come? Our Ministry Team, Rev Mark Dickens and Pastor Andrew Kieselbach, will be there to guide us but we really want to hear from you and would value your input.



Please plan to arrive a little before 9.30am so we can start on time. The urn will be hot so you can have a cup of tea or coffee if you wish on arrival. There will also be a **Morning Tea** break.

REFERENDUM DAY – GARAGE SALE & SAUSAGE SIZZLE



The Front Hall of the church will be used as a Polling Station on Referendum Day, **Saturday 14th October**. We have decided to hold a **Garage Sale and Sausage Sizzle** on this day. We have sorted through and disposed of a large quantity of items that have been stored in the garage but still have a number of things left which we hope will be saleable. Any left-over goods will be disposed of after this day. We can then start the serious work of preparing the garage area as a site for our Community Shed. If you are available to help out on the day, that would be greatly appreciated so that the workload can be shared.



COMMUNITY SHED

Developing the garage area on the church grounds into a “Community Shed” is still a work in progress but it is certainly reaching the point where we will have the space cleared and ready to convert into a work shed. We are delighted with the assistance we have received from members of the Kent Town Residents’ Association who are enthusiastically supporting this venture. The next step is to connect power and lighting, paint the walls and install work benches and shelving.



COMMUNITY MORNING TEA

These are held in the middle hall every Wednesday morning and a good cross section of people are attending. A very sociable atmosphere prevails. If you are looking for some company, please join us on a **Wednesday morning between 10.30am and 12.00 noon and enjoy “Cuppa, Conversation & Connection”**. You will be very welcome!



NEWS OF OUR PEOPLE

Shortly after **Ailin (Irene) Pan** and her husband **Yungho Pok** returned to Japan we received the sad news that Ailin’s elderly mother had passed away. We extend our sincere sympathy to Ailin and her family as they grieve the loss of a much loved family member.

Quite a few of our members have been ill. We have missed them and wish them all a return to good health soon. Several of them are choir members so on a few occasions the choir has just been a quartet but it still produced a good sound. **Deborah White** and **Madeleine Davey** really miss the singing and are hoping to be back with us soon. **Frank Brooks** has had a bout of pneumonia but is almost fully recovered. **Jenny Church** and **Helen Drummond** have both been dealing with health problems and fitting in lots of medical appointments. During her absence Helen did manage to help one of her daughters celebrate a 50th Birthday and is looking forward to the birth of her first great grandchild in a couple of weeks.

Barbara Fitzsimmons has been bravely facing her health problems and is currently receiving excellent care in the Royal Adelaide Hospital. Graham Bell visits her regularly as does her sister and niece. We send Barbara our love and prayers.

UPCOMING EVENTS

There will be two special services coming up in November.



**Remembrance Day Service –
Sunday 12th November**

**St Andrew’s Day Service –
Sunday 26th November**

Both services will be led by Rev Mark Dickens and there will be an augmented choir for both services.



CONTACTS

Ministry Team:

Rev Mark Dickens

mdickens@pac.edu.au 0407 714 217

Pastor Andrew Kieselbach

akieselbach@pac.edu.au 0438 823 677

Pastoral Care Contact: Kay Rooke

jkrooke@aapt.net.au 0427 840 019

Organist & Choir Director: Graham Bell

ghb59au@outlook.com 0422 073 436

Church Council Chair: Jenny Church

jenny.church@internode.on.net 0418 855 644

Church Council Secretary: Jenny Stewart

doug-jenny-stewart@bigpond.com 0400 279 684

Church Office:

office@wesleykenttown.org.au 8362 2544

Website: www.wesleykenttown.org.au