



### October - Mental Health Month

#### KEEPING MENTAL HEALTH A PRIORITY – extracts from WorkSafe Seminar

Mental health is important for everyone and needs to be a priority at all times, but especially in the current issues which we are facing during COVID 19. Although this seminar focused on issues in the workplace, there are many ways of incorporating these strategies into our everyday life.

#### Key aspects of being mentally healthy

- Capacity to enjoy life
- Cope with and be resilient in times of stress
- Develop one's potential
- Build and maintain relationships
- Participating fully in the community

#### Mental health and wellbeing strategies

- Acknowledging the importance of having a positive mental health and wellbeing approach
- Setting up strategies for mental health and wellbeing
- Promoting positive mental health approaches
- Self care – remember to take 'time out' from the usual routine
- Encouraging others to speak about their concerns and stresses
- Actively listening to what is being said

#### Impacts of COVID-19 on Mental health

- Isolation and reduced sense of community
- Loss of autonomy
- Uncertainty/ anxiety/ fear
- Greater pressures / demands

#### Potentially leading to :

- Feeling overwhelmed and stressed
- Relationship conflicts
- Lack of motivation
- Unhealthy choices such as overindulging in food or alcohol or other addictive behaviours

#### However, in spite of the above .....

- May not necessarily lead to symptoms of mental health
- Can be *Positive outcomes* of more meaningful connections and community support
- Can promote feeling of achievement in meeting new demands
- Encourageing discussion of health and wellbeing strategies beneficial
- **Remember selfcare is most important. If you do not look after yourself, you can't be there for others.**

#### Sharing what achievements have been made

Cheltenham/Mentone congregation coming together and sharing resources

Meeting together face to face at Black Rock when possible

Sharing of ministry to two congregations by Rev Greg and Pastor Di

Sharing of musicians across the worship services

Alternating readers from the two congregations

Staying connected via zoom services and telephone contact

Reaching out to newcomers in district with coffee and tea bags with a note of welcome

Making and distributing felt stars for members of congregation to hang on Christmas tree

**So well done Cheltenham/Mentone members, despite all the things that make life more difficult during COVID-19 restrictions, you continue to be true disciples of the Gospel.**

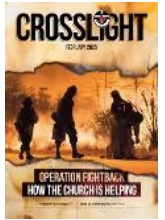
Thankfully, Jo-ann Stenton





**CROSSLIGHT** is available on the internet - click on the following link or the **CROSSLIGHT** image to view online. [www.crosslight.org.au](http://www.crosslight.org.au)

Print copies of **CROSSLIGHT** usually available at the entrance of the Black Rock Uniting Church (NOT from the Manse verandah) latest **CROSSLIGHT** now available from David Vine, 4 Jemma Ct. Cheltenham 9583 7373.



## Prayers of the People

*We pray especially for -*

Margaret Walker  
Robert *(Joan Wright's brother)*  
Bruce & Valda *(friends of Jo-ann & David)*  
Anita and Rod  
Barb Loosemore  
Isobel Churchward

Stuart *as he struggles with addiction*  
Janine and June Bartholomeusz *(Jenny & Cec thank you for your prayers)*  
Audrey Fewster  
Margaret's neighbour Joan  
Gloria Sampson & Family  
Olga's sister Karen

Gemma and Teresa  
Heather *(daughter of close friend of Graeme & Joan)*  
Tina and her two teenage sons *(also friends of Graeme & Joan)*  
Susan Bartell  
Bronwyn  
Grace Fairbank



## Church on the Internet - Sunday 10am *(doors open 9:45 am)*



If you don't have Zoom on your computer/laptop/iPad/Smartphone, click on <https://zoom.us/support/download>  
Then click on this link below or the "Sunday Church" image to join our Service -  
<https://us02web.zoom.us/j/85247373230?pwd=WIM2UHJEemFWS3RScnNqM3puaGdZdz09>

Otherwise open Zoom and enter the following - **Meeting ID: 852 4737 3230** **Passcode: 836844**  
You can also join us on your phone by dialling **03 7018 2005** and entering the above meeting details.  
The above link and meeting details apply for all our services until the **December 26th 2021**.



## Videos on the Internet



**NEW** YouTube Channel; Follow this link or click on the YouTube logo  
[https://www.youtube.com/channel/UCH-y4pZ\\_f\\_LezegzNZi6nnQ](https://www.youtube.com/channel/UCH-y4pZ_f_LezegzNZi6nnQ)  
to view selected sermons and service preludes



## Social Collection Department

**BayCISS** - collection of goods by Graeme & Joan Wood has recommenced. Leave goods with them at 66 Bernard St. Cheltenham, or call them (Graeme & Joan Wood) on 9555 0462 *(BayCISS contact number 9555 9910)*  
From BayCISS "Many thanks to all those who continue to drop off food parcels".

**Emerge** - Financial help is the best way to help - Cheques to - GPO Box 420 Melbourne VIC 3001 or donate via the website [www.emergesupport.org.au](http://www.emergesupport.org.au) Emerge welcomes vouchers for supermarkets or art materials which children could use at home - materials, pencils, colouring books etc. Margaret Bode is happy to take items to the Moorabbin office if you leave them at her home, 16 Monaco Street Parkdale.

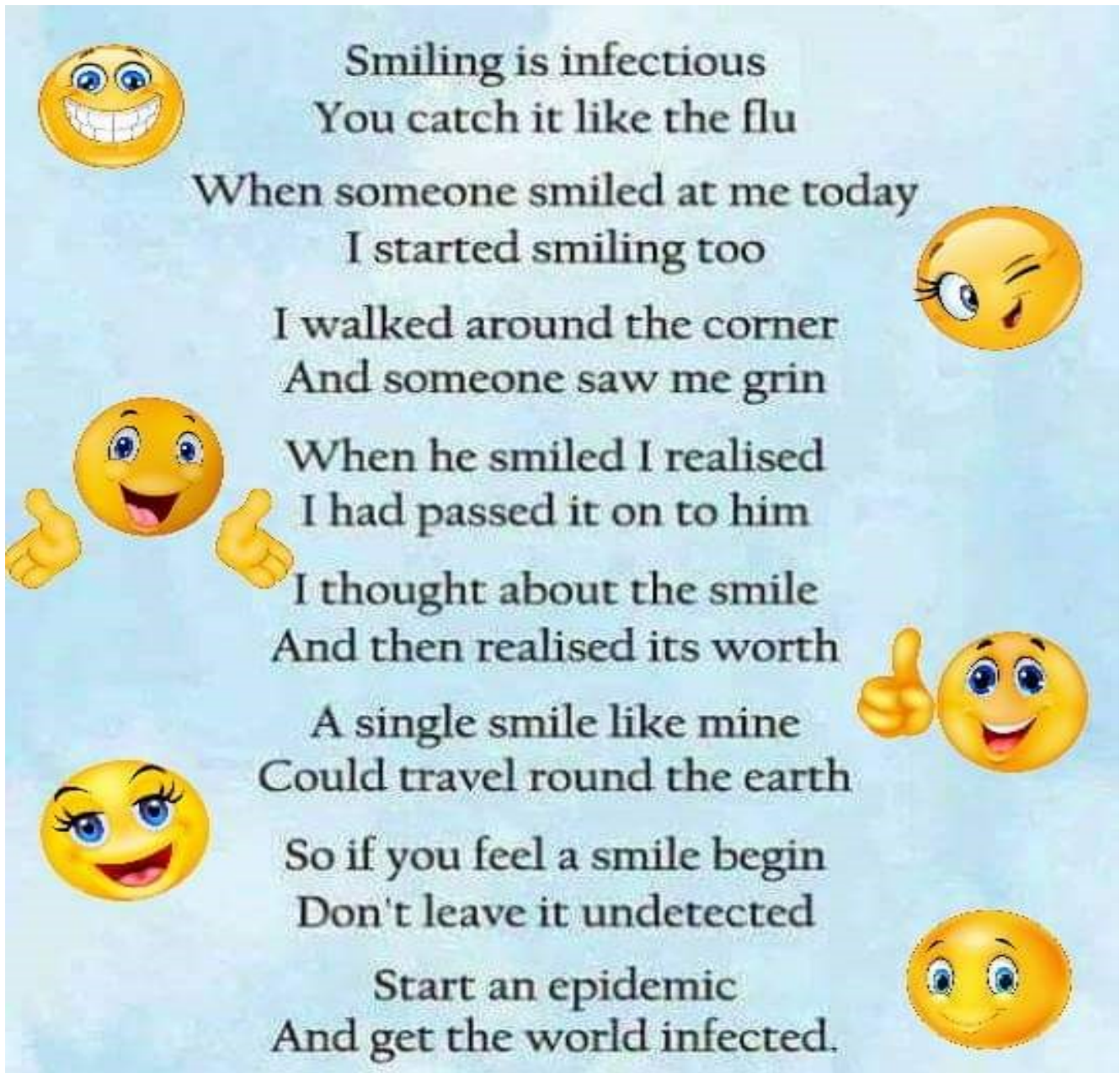
# Appropriate words from the late Spike Milligan ....

**Terence Alan "Spike" Milligan KBE** (16 April 1918 – 27 February 2002) was a British-Irish actor, comedian, writer, musician, poet, and playwright.

The son of an Irish father and an English mother, Milligan was born in India, where he spent his childhood, relocating to live and work the majority of his life in the United Kingdom. Disliking his first name, he began to call himself "Spike" after hearing the band Spike Jones and his City Slickers on Radio Luxembourg.<sup>1</sup>

Milligan was the co-creator, main writer and a principal cast member of the British radio programme *The Goon Show*, performing a range of roles including the Eccles and Minnie Bannister characters. He was the earliest-born and last surviving member of the Goons. Milligan parlayed success with the *Goon Show* into television with *Q5*, a surreal sketch show credited as a major influence on the members of *Monty Python's Flying Circus*.

Milligan wrote and edited many books, including *Puckoon* (1963) and a seven-volume autobiographical account of his time serving during the Second World War, beginning with *Adolf Hitler: My Part in His Downfall* (1971). He also wrote comical verse, with much of his poetry written for children, including *Silly Verse for Kids* (1959).



## Your Weekly Offering

**WEEKLY OFFERINGS:** Thanks to everyone who have continued to make their weekly offering.

**Envelopes:** You may do this by putting your pledge in the envelopes and bring them to church.

**Direct Debit:** (include your envelope number if applicable)

Payee "Uniting Church in Australia Cheltenham Mentone Parish Council", BSB 06 3119, Account Number 1014 1206