



Bathurst Uniting Church

Sharing God's love by connecting people to God;
people to people; and people to community.

Newsletter

May 2023

REFLECTION = RECOVERING HOPE

Recently many of us from Bathurst Uniting Church attended the film *The Wisdom of Trauma*. The film explored trauma and its impact on people's lives. It created much thought and discussion. There has been much work over the past 30 years on trauma and its impact on people's lives. Research has identified connections between trauma and substance addictions, violence, incarcerations, relationship breakdowns, homelessness and mental ill-health.

Informed Trauma Care is a philosophy and a practice that works towards both reducing trauma, and providing ways for people to enter a recovery journey from trauma. Its pillars are: Safety, Connection, Emotion and Impulse Management. Those three pillars can inform language, programs, behaviours towards others. Very briefly, providing a safe place, connection – relationships – and assisting people to manage emotions and impulses, can reduce the impact of trauma inducing situations and assist people to recover from traumas.

When a loved one dies, there is trauma. When someone has to move out of their home, there is trauma. In such circumstance, assisting people to talk about that in a safe place, providing connection through pastoral visits, flowers, cards, phone calls, meals, empathetic listening, can assist people to recover from that trauma. Referring to people who are housebound as “shut-ins” is probably not going to assist someone's recovery from the trauma of loss of mobility and social engagement. They are not the “shut-ins,” they are *people who are housebound*.

Related to the Trauma informed Care is the recovery model. This is the model used by some mental health providers. The Recovery model refers to an approach when working or engaging with people, particularly people recovering from trauma.

Worship Services

9.30am in the church.

You can join worship on Zoom by going to <http://www.bathurstunitingchurch.com.au/> and pressing the purple button.

7 May Rev Keith Hamilton Communion

14 May Monday Morn Bible Study Group

21 May Rev Keith Hamilton

28 May Rev Keith Hamilton

4 June Rev Keith Hamilton Communion

'Sunday @ 5'

At 5pm – contemporary, informal, all ages worship in the Activities Hall.

The national framework for mental health describes recovery as:

There is no single definition of recovery.... Ability to live a meaningful and contributing life in a community of choice with or without the presence of mental health issues... and/or drug and alcohol.

Another definition of the recovery concept is:

“ a deeply personal, unique process of changing one's attitude, values, feelings, goals, skills and/or roles. It is a way of living a satisfying, hopeful and contributing life even with the limitations caused by illness. Recovery involves the development of new meaning and purposes in one's life as one grows beyond the catastrophic effects of the mental illness”
(Anthony, 1993)

Other Definitions

- Recovery becomes **a way of life**, a new way of doing things.
- Can't undo what has happened.
- A **learning experience**, to grow beyond and find meaning in past traumas, stigma, discrimination, negative treatment experiences.
- There is **no end point**, but an **ongoing life journey**, learning through the good and bad experiences.

There is much to be said. However, some points to consider. The language we use can set the intention and the outcome. The language we use informs the attitude. The attitude informs practice. We can use language that assists to provide a safe place. Some unhelpful language: "Our consumers." "Mary is unmotivated." "George is schizophrenic." "Albert is very difficult." "Fred is suicidal."

Rather than saying "the homeless," say *a person who is experiencing homelessness*. Not "the mentally ill," but *a person with a lived experience of mental illness*. Not "homeless women," but *women who are experiencing homelessness*. People are people first, before some label. We treat all people as made in the image of God. That theology connects with our Bathurst Uniting Church slogan: *Expressing God's love by caring for all*.

Another aspect of recovery is hope. For Christians that is resurrection hope. Hope grounded in the resurrection of the Crucified One. This weekend is the coronation. One aspect of that is people making a statement of allegiance to the monarch. I don't want to here discuss whether that is right or wrong, but to make this point: God has made a statement of allegiance to the creation in Jesus Christ, his incarnation, life, death and resurrection. That is the basis of our hope. When I worked in another place, some members of my staff who worked with providing crisis accommodation for people experiencing homelessness spoke of how sometimes, very often, we hold hope for others when they have given up hope. Our holding hope for others is a critical aspect of the recovery journey. Holding hope for others informs our speech as hopeful, safe, relational, emotionally and impulse managed.

Blessings

Keith Hamilton

News:

The Future Directions Team thank all who attended and contributed to the recent consultations on Sunday 30 April. We also thank those unable to attend, who provided ideas and comments. All the ideas are currently being collated, and we will provide them to all during May.

During May we will be circulating the long-awaited directory. The directory will be provided to all people who filled out the slips providing information and permission, in September last year. If you have not done so, there is still time to be included in the current directory. The directory will be provided in both an electronic form and hard copy. All who receive the directory are requested to keep all information confidential, our commitment to each other.



We celebrate Mother's Day on Sunday 14 May. We wish all women, including mothers a very special day.

You are invited to a
GIRLS' NIGHT OUT

on Thursday 25 May at 6.30pm
at **Vanilla Bean**, 109 Bentinck Street.



Recommended as a great time of food, fellowship and much chatter.

Please contact Kaye or Maureen by Monday 22 May if you wish to attend.

In fairness to the restaurant, bookings are essential.

BUSS Update

The café continues to be well attended and appreciated as are our other programs. Frypan Warriors has recommenced after a break over the Easter holiday period and the Methadone Clinic breakfast barbecues have stopped for the colder months.

Easter Café BBQ

Our Easter Cafe BBQ on Sunday 2nd April was enjoyed by over 51 people under the beautiful tree. Great food, great singing and great company.

Special thanks to all the people who provided food and helped ; and to our music and singing group.



AND SOME GREAT NEWS.....

The BUSS team are delighted that Ian Waddell has now started working with us. Ian has been employed with the grant money from the Office of Responsible Gambling and will be assisting with existing programs and working to start some new ones.

Ian has written the following to introduce himself:

I have extensive experience working in the Drug and Alcohol (D & A) field as a Substance Abuse Counsellor for NSW Health here in Bathurst since 2015, and previously with the Australian

Defence Force (ADF) at its inpatient alcohol rehabilitation centre in Richmond NSW. These roles have involved all aspects of case management, psycho-education, individual counselling, facilitation of group counselling, mentoring and assessment to assist D & A clients address and overcome their substance abuse and (often) co-occurring mental health issues and go on to rebuild their lives in recovery.

This work, as well as previous roles as a part-time TAFE teacher in Community Services and as a Member Support Coordinator for the Air Force has enhanced my knowledge and understanding of drug and alcohol, mental health, trauma, gambling and smoking addiction and other co-morbid issues such as anxiety and depression as well as the range of therapeutic options available for their treatment.

In recent years, I have witnessed the immense value of connection and genuine empathy and support to people with D & A issues through my involvement as co-facilitator of Bathurst SMART Recovery in Bathurst. Through this group, and especially due to the wonderful support association Bathurst SMART group has with BUSS and their social support programs, this support group has flourished and in association with BUSS has become more of a recovery community, rather than merely a support group. I am excited for the opportunity to work with BUSS and its wonderful volunteers to support a frequently marginalised community and practically demonstrate the love of God to others.

Welcome Ian!

New email address for Bathurst Uniting newsletter

I have created a new email just for the newsletter. I will send the newsletter out each month from this email address and you can send any news or information to the address. I will still receive items at my usual email address as well.

The new address is bathurstucanews@gmail.com

Please send news or information for the website to allanwray@hotmail.com.

Ruth

Staying Connected

For pastoral support, please contact your Pastoral Partner, or one of the Elders, or email BUConnect@gmail.com and we'll put you in touch with someone.

You can also contact our minister, Rev Keith Hamilton on 0417487446 or email keith.hamilton.bathurstuc@gmail.com



**Bathurst Chamber Orchestra and
Allegrì Singers present**
Bach, Vivaldi and more – Glorious!

Lithgow Saturday 6 May 3pm
Hoskins Memorial Uniting Church
Bathurst Sunday 7 May 3pm
Bathurst Uniting Church

Tickets: \$40 (Conc \$35) at door or online:
mitchellconservatorium.edu.au
Enquiries: 6331 6622



ALLEGRI
SINGERS



BATHURST CHAMBER ORCHESTRA

Mitchell Conservatorium
Community & Joy through music

Mowing Roster

13 May Peter

27 May John, Max