



Wesley School for Seniors



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October – December 2011

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SEASONS

Spring has sprung, summer is just around the corner and the Christmas season is fast approaching! Seasons come and go but they could rule our lives if we allow them. I reckon that each of us have different seasons in our lives. It doesn't matter what age we are now, we all experience different phases and seasons. They may not come consequently as this depends on our realities. Our beliefs also influence our realities: If we believe we are in a perpetual cold and boring winter, we are. If we believe we are in a perpetual summer of fun, we are. Although unlike the earth's weather where we do not have control, we can control our own personal seasons. Let's choose our own seasons well and our lives will follow and live it.

I feel like this year went so fast. I travelled overseas twice and celebrated my 50th. When I look at this number, I feel ambivalent grateful for this God-given life, joyful for reaching this milestone, shocked that I am now 50 and old, feeling a sense of quiet acceptance of this journey of growing old gracefully yet sometimes impatient to reach some of my unattained goals as yet.

However, as we move towards the end of this year, I thank God for allowing us to continue with the School and for providing us all our needs, especially dedicated and generous tutors and administrative volunteers. I am also grateful to God for making the school a haven of deep friendships and a source of new found joy for our students.

Have a delightful and purposeful Christmas season!

Ros

Roslyn Rajasingam, *Program Coordinator*

Wesley School for Seniors

Lower Ground (LG), 220 Pitt Street, Sydney NSW 2000

PH. (02) 9263 5416 or (02) 9263 5348 FAX. (02) 9017 8086 MOB. 0402 998 681

EMAIL. SFSSydney@wesleymission.org.au WEB. www.wesleymission.org.au/schoolforseniors





DATES TO REMEMBER

Schedules 2011		
24 Nov, 10 am, Thursday	Choir Year End Concert	Wesley Church
28 Nov, 9 am, Monday	First Day of Enrolment - Term 1	SFS Office
9 Dec, 10 am–12pm, Friday	School Concert	Wesley Theatre

Other Reminders

Locker keys: If you still have a locker key and you are not renting it (students) nor using it for your course (tutors), please return them immediately. Also, if you have not reported to the office your locker number, we may empty it. Thanks.

Having a cuppa: many of us come to the school not only to learn new things but also to meet new friends. Please try to invite new students in your class when you go out for a cuppa. You'll never know that new student could be your future best buddy or that may know someone you have wanted to get in touch with for a very long time.

Hospital visits: if you, or any of our students/tutors you know, are sick and would like to have the Chaplain of the School for Seniors visit you/them, please call Ros at the SFS office on 9263 5348.

Nominations for School Council 2012: if you are interested to join the School Council for 2012, please fill out a form from the SFS Office. Your commitment is only 1 and ½ hours every 3rd Tuesday of every Term with your openness and willingness to share your supportive thoughts and comments. Next meeting is on 14th February 2012.

SELECTED ARTICLES

A French Woman's Story by Rev. Dr. Keith Garner in "Word and Deed"

I came across a story which I thought you might enjoy. It concerns a woman who lived in a small village in France. She trained as a nurse, devoting much of her life to caring for the sick and needy. Her kind and selfless service to local people left a deep impression. When she died, having no family of her own, the people planned a beautiful funeral for her, a fitting tribute to the woman to whom so many owed their lives.

The parish priest, however, pointed out that because she was a Protestant, she could not be buried in the town's cemetery, which was understandably a Catholic one. The villagers, who were nearly all Catholic, protested. But the priest stood firm. It was not easy for the priest, because he too had been cared for by the woman during a serious illness. But the rules were very clear: she would have to be buried outside the fence of the cemetery.

The day of the funeral arrived and the whole village accompanied the woman's casket to the cemetery, where she was buried outside the fence.



However, that night, a group of villagers, armed with shovels, sneaked into the cemetery. They then quietly set to work ... moving the fence!

This is exactly what our Christian faith does. It moves the fences in our community, moves the fence of opportunity for individuals and begins to make it possible for people to understand what the coming of Jesus Christ actually means for people in specific circumstances.

ANYWAY by Mother Teresa of Calcutta

People are unreasonable, illogical, and self centred.
Love them anyway.

If you do good, people may accuse you of selfish motives.
Do good anyway.

If you are successful, you may win friends and true enemies.
Succeed anyway.

The good you do may be forgotten tomorrow.
Do good anyway.

Honesty and openness make you vulnerable.
Be honest and open anyway.

What you spend years building may be destroyed overnight.
Build anyway.

People who really want help may attack you if you help them.
Help them anyway.

Give the world the best you have and you may get hurt.
Give the world your best anyway.

You see, in the final analysis, it is between you and God;
It is never between you and them anyway.

AGEING by Dr. Susan Gregg

Imagine yourself standing in front of a magic mirror. When you look into it, you can easily move forward and back in time. With a mere thought you can see yourself at any age. First, you see yourself shortly after your birth. You are surrounded by beautiful beings of light that are constantly beaming you their love. As time moves forward, you feel their love and their guidance. Your connection with them makes your life much easier and more joyous. Even the most painful times are filled with ease and have an undercurrent of excitement, curiosity and joy.

Time moves forward and you see your body changing. You celebrate the wisdom these changes bring. You look lovingly at yourself in the mirror. You notice a lovely light that comes from within you, shining out of your eyes and into your life. You notice your face changing and feel joy at the

gentle aging process. You see the wrinkles on your face as symbols of your journey rather than something to resent, and give thanks for the passage of time.

You see yourself moving into your 60's (80's). Your body is slowing down a bit, but it is still a wonderful vehicle for your spirit. You notice your body aging with grace and realize the more you love the process, the easier it is. You send your body lots of love. You love every single wrinkle and gray hair. The more you love the process, the more flexible your body becomes. As you look into this magical mirror, you see the connections between love, acceptance and judgement. You see the results graphically in your body, so you choose love and acceptance.

What a gift life is. What an incredible gift it is to have a body and to celebrate your body's ability to change with age. Aging is one of the greatest gifts of life if you embrace the process.

(Printed with Permission from Dr. Susan Gregg <http://susangregg.com>)



PRAYERS

- Let us remember in our prayers the following tutors and students who are not well: Dulcie Wardrop, Patricia Early, Larry Brown, and all other tutors and students who cannot come to the school often or any more because of their illnesses.
- November is a month when many Christians celebrate the lives of saints (All Saints Day) and of their departed loved ones (All Souls Day). During this month, let us remember them in our prayers.
- Let us also pray for those who live alone and who are lonely. May they find real joy and peace in their encounters with people, especially during Christmas.

“Remain in me, as I also remain in you. No branch can bear fruit by itself; it must remain in the vine. Neither can you bear fruit unless you remain in me.”
John 15:4 (TNIV)

2012	
Term 1	30 January – 30 March
Term 2	23 April – 22 June
Term 3	16 July – 14 September
Term 4	8 October – 7 December