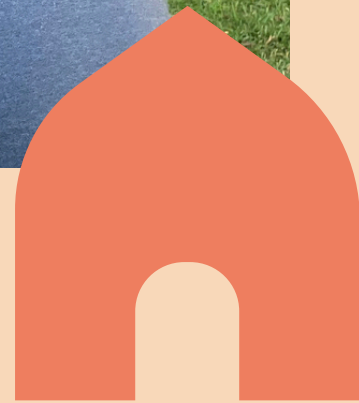




October 2025

# Knock knock



## Spring into Community: A Season of Renewal and Connection

As the chill of winter fades and the days grow longer, spring reminds us that new beginnings are all around. At Wesley Community Housing this season isn't just about nature waking up, it's about us coming together, reconnecting, and making memories under the glorious spring sun.

We've got so much to look forward to this spring! From sizzling BBQ's that bring neighbours together over good food and laughter, to our beloved Community Greening Days where we roll up our sleeves and make our shared spaces bloom- there's something for everyone. These events aren't just activities, they're the heartbeat of our community. They're where friendships grow, stories are shared, and everyone feels at home.

Beyond these activities, spring is a great time for you to step outside and walk. Walking is one of the simplest, most accessible ways to boost your health and wellbeing. Just 20-30 minutes a day can:

- Improve heart health and circulation
- Lift your mood and reduce stress
- Strengthen muscles and joints
- Create opportunities to connect

Whether you're strolling to the local shops, or taking a walk around the block, every step counts. So, dust off your sunhat, take a first step and be part of the joy. Spring is here, and it's blooming with possibilities.



**From the garden**

## **Spring Recipe - Zucchini & Herb Fritters**

### **Ingredients:**

- 2 medium zucchinis, grated
- 1 small onion, finely chopped
- 1 egg
- ¼ cup plain flour
- A handful of chopped fresh herbs (parsley, mint, or chives work beautifully)
- Salt & pepper to taste
- Olive oil for frying

### **Instructions:**

1. Grate the zucchini and squeeze out excess moisture using a clean tea towel
2. In a bowl, mix zucchini, onion, egg, flour, herbs, salt, and pepper
3. Heat a little olive oil in a pan over medium heat
4. Spoon small amounts of the mixture into the pan and flatten slightly
5. Cook for 2–3 minutes on each side until golden brown
6. Serve warm with a dollop of yogurt or sour cream

Tip: These fritters are perfect for using up extra herbs or veggies from the garden. You can also add grated carrot or corn for extra colour and crunch.

Check if they're growing already or reach out to our Community Engagement team on 1800 770 602 to see how we can help your garden flourish. We wouldn't be able to maintain these without the support of our friends from the Botanic Gardens of the Sydney Community Greening Program.

If you have a recipe you'd like to share with us, we would love to hear it. Please let our team know on [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au)

Doing all the good we can

# Celebrating good neighbours

We love seeing our communities 'doing all the good we can'. In this section, we're celebrating our neighbours who've been shouted out by their communities for their good deeds. If you'd like to shout out someone in our next newsletter, reach out to the team on **1800 770 602** or email [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au)

**We're blessed** to see Guy and his dedication to his work.

**We appreciate** Ray, Jason and Grant for helping to set up our community engagement events.

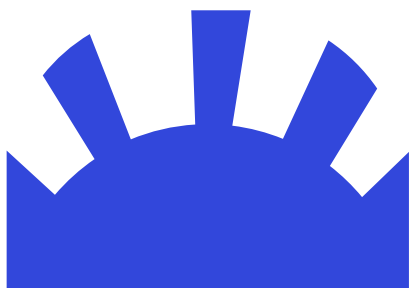
**Let's celebrate** a milestone birthday for Barry, 80 in September!

**Shout out** to Gordon who's a great encouragement to others.



## Thank you

We are grateful for the wonderful work of our community partners. Without them, we would not have the generous donations of food and clothing for our tenants. We give a special shoutout to **Foodcare** and the **Southside Care Op Shop**.



Team Update: our team has changed

# The Wesley Community Housing team has grown.

## Meet our new team members.



### Ruth Iosefa

**Role:** Program Support Officer

**Fun Fact:** I love country music and my favourite drink is an iced matcha with vanilla syrup!

### David Mallia

**Role:** Tenancy Officer (Sydney)


**Fun Fact:** My favourite foods are anything with pasta and bread. A joke I love to share: "What did the ocean say to the beach?" "Nothing, it just waved."



Doing all the good we can

# Celebrating good neighbours





**“For God so loved the world that he gave his one and only Son, that whoever believes in him shall not perish but have eternal life,”**

**(John 3:16)**

## **Chaplain’s Message**

**What are we to make of all that we see in the world today?**

We see conflict, floods, fires, and landslides each bringing widespread devastation and profound human impact

In the time of Jesus it was not so different, there were still tragedies and atrocities.

So what are we to make of this? This might make us feel sad, helpless even depressed.

Some people likely Galileans, approach Jesus who is also a Galilean wanting confirmation of some terrible deaths from an atrocity committed by Pilate. This was the slaying of people while they were make sacrifices to their God. The othertragedy was a tower falling on people and killing them, an accident, disaster.

But the Galileans who approach Jesus the Galilean, aren’t after justice or punishment, they are after Jesus’ affirmation. They want Jesus to affirm their thinking.

You see in Jesus’ day many people thought that if something terrible happened to you like an horrific death, this was because you had done something terribly wrong in your life. Some terrible sin and so that was your punishment. Something terrible happening to you in your life. However Jesus repeats this, Jesus emphatically says

**“I tell you no! But unless you repent, you too will all perish.”**

Jesus is saying much more important than the way we die, is whether we have turned to the Lord before we die.

Why? Because where we stand before God, when we die, will determine where we are to be forever.

My parents, who have both passed away both died at the age of 93.

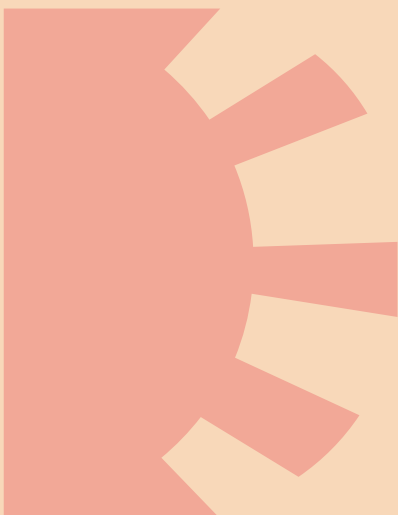
Many would say that’s a good age or a good innings.

But 93 years is nothing, is a drop in the ocean compared to an eternity with the Lord Jesus. Disasters and tragedies will always be with us. However let me encourage you to allow these terrible Global events, to motivate you to reflect, and look to Jesus.

Because when we turn to the Lord this determines where we will be for an eternity.

Doing all the good we can

# Celebrating good neighbours



# Did you know?

Wesley Mission offers over 100 support services across New South Wales? If you or someone you know needs support, reach out. We're here to help.

## Have you had a gutful of gambling?

If you're struggling with gambling, take the first step out of it with Wesley Mission. Call 1300 827 638 to speak to one of our gambling counsellors.

## Wesley Financial Counselling

Free, independent and confidential face-to-face counselling to help you navigate financial stress and manage your money more effectively. Call 1300 827 638

## Helpful contacts

### Lifeline (24/7 crisis support)

13 11 14

### Emergency services (Police, Ambulance and Fire)

000

### Police (non-emergency)

131 444

### 1800 RESPECT (for people impacted by sexual assault, domestic violence or abuse)

1800 737 732

### Beyond Blue (for depression and anxiety)

1300 224 636

