



Wesley School for Seniors Newsbites

Message

Rev Dr Rick Dacey

Senior Minister, Wesley Congregational Life

In 2012, Meghan Vogal ran her personal best to become Ohio's high school state champion in the 1600 metres. But Meghan's greatest moment on the track came less than an hour later, as she competed in the 3200m race. Meghan gave it all she had, but by the last lap she was in last place. Never in her life had Meghan finished last. But it looked like this would be her first time to be last.

Then something happened. A runner up in front of her, a competitor from another school, collapsed with cramps and exhaustion and fell to the track. She struggled to her feet then fell again.

Meghan could have finished her race, crossed the finish line and then come back to help her fallen competitor. Instead, she helped this girl she had never met to her feet and held her out in front of her as they crossed the finish line.

If you want a picture of what it means when the scripture talks about straining forward, pressing on towards the goal to win the prize for which God has called us heavenwards in Christ Jesus (Philippians 3.13-14), google Meghan Vogal.

Or look around at the people of Wesley Mission: passionate and dedicated staff, faithful church members, generous supporters and committed volunteers. Together we are running a very different kind of race. This isn't a race to be first and greatest. It's a race to be last of all and servant of all.

In an interview after the race, Meghan said, "God put me in last place for a reason, to help her when she fell."

Where has God put you?

TERM 2

30th April 2018 – 6th July 2018

Second Newsletter of 2018 – Issue 1

Inside This Issue

1	School for Seniors Update
1	Message from Rev Dr Rick Dacey
2	Tutor column / Student Column
3	Event wrap at SFS
4	Upcoming events / Notes
4	Enrolment and Course Facts / Council Update

School for Seniors Update

Jeannie Mathews, Program Co-ordinator

After a warm autumn we are well and truly into winter as the cold weather has set in. School for Seniors has seen the introduction of various interesting classes such as discussion groups, origami, and return of some popular language classes like Italian this term.

Our guest speaker this term was Roy Williams, an award-winning author who spoke about his book *Mr Eternity – The story of Arthur Stace*.

All our volunteers deserve a big thank you and we are very grateful to the volunteering team who helped us put together a High Tea in appreciation of our volunteer efforts during National Volunteer Week.

We look forward to some exciting activities during the winter school and also upcoming Term 3.

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Tutor Column

Passion and purpose in the Third Act of Life

By Edita Diamante, Tutor

Haruki Murakami, a prolific author, wrote in his book *Norwegian Wood* published in 1987: "Just remember, life is like a box of chocolates. You never know what you're gonna get." Tom Hanks uttered this aphorism for his character Forrest Gump in the movie of the same name.

It all depends on what box you bought. In life's wide-angled lens, life does have a structure we call 'life cycle'. These days it is called 'stages of life' categorised into acts set by The Third Act organisation founded by Dr Edward J Kelly, Dublin Ireland (see <http://www.thethirdact.ie/>).

Acts? As in stage acts? Yes. Life's a stage I would say. Each life is one narrative. Act one is about childhood, education, and growing pains. Act two is about career building, creating wealth, raising a family, and self-improvement. Act three is about retirement, renewal, and self-actualisation – the time we review our past, take action, and learn new things.

The most unprecedented social phenomenon reported is people living longer by 30 years compared to our great grandparents. What was old age in the days of our grandparents is now middle age. Baby boomers are expected to push to 90 and projected to reach 100. Present-day old age can no longer be called feeble and ineffectual unless you are sick.

How can seniors live in Act three? How else but with passion and purpose. Passion is the energy that feeds our emotion. Purpose is what helps us make sense of what we do. So muscle up. Exercise. Dance. Eat well. Sleep well. Learn new things. Play a piano or guitar. No one is too old to learn new things. Really! Let's talk.

Tutor Column

MS Word and Excel

By Belinda Ong, Tutor

Microsoft Word (MS Word) is a popular **word-processing program** used primarily for creating documents such as letters, brochures, templates or making birthday cards, quizzes, and preparing students' homework assignments. There are many simple but useful features available in MS Word that makes study and leisure easier.

Microsoft Excel is a **spreadsheet program** used to store and retrieve numerical data in a grid format of **columns** and **rows**. Excel is ideal for entering, calculating and analysing company data such as sales figures, taxes or commissions.

We have a small class of students who are keen to learn. Some of them bring in their own projects to do. For example:

- Making desktop calendars (personalised calendars where you can mark relatives' birthdays)
- Keeping memberships of a flower arrangement (Ikebana) club.
- Making birthday or invitation cards from templates.
- Utilities bill tracking on a spreadsheet.

A technology class gives seniors a second chance to learn. The pace of the class is suited to their abilities and there is no pressure to finish assignments. The class offers one-on-one attention.

One of our students was enrolled by her daughter while she is on holiday here from Kenya. She likes to learn MS Word and Excel so that by the time she is back in Kenya she will be proficient in technology and can teach her grandchildren.

The MS Word and Excel class is currently available on Monday mornings. Computer courses for seniors can often cost hundreds of dollars, so this class is great value for money! Tell your friends!

Student Column

Memoir Writing Class

By Narelle Woodland, Student

The Memoir Writing class offers a wonderful opportunity to develop one's narrative writing skills in a very relaxed setting.

The common theme is to use narrative to write about a desired topic. Edita, has designed a series of in-class exercises and experiences to sharpen our awareness of English language and to enhance our ability to structure both short and longer narratives. There are many ways to achieve these goals. Edita is a master of bringing out the best in students, while making sure that everyone gains confidence and has fun. She guides students towards achieving their goals while working in a relaxed environment.



Students in the class have several different long-term objectives. Some wish to create a personal memoir or a personal history. Others are interested in writing a fictional short story or a novel.

Personally, my aim was to write about my own family history. I wanted to describe my impressions of events that took place in my family during and just before my own lifetime.

Perhaps even more importantly, I wanted to illuminate the lives of family members who are no longer with us. I want to make them seem more real for my children and grandchildren. What were they like and what were their lives like? How do our forebears shape us and those who come later?

With Edita's guidance, I and others are achieving our goals. Since joining this class my motto has become: "All you need is words. But a little fun and chocolate now and then doesn't hurt" (with apologies to Charles Schultz).

Event wrap at SFS

National Volunteer Week

This year, we celebrated National Volunteer Week from May 21 to 27.

The theme of this event was to 'Give a little, change a lot', which highlights the generosity of all Wesley Mission volunteers who have given approximately 133,816 hours of their time to help us change lives in the community.

School for Seniors volunteers contribute a significant part of this overall effort.

So, a big thank you to all our dedicated volunteers, we truly appreciate your great work!

During this week-long celebration, approximately 50 of our tutors, admin and op shop volunteers attended. It was a good opportunity to hear their stories and also interact with other co-tutors. A big thank you to Keith Suter, SFS Patron who took time out to speak to the attendees during the week.

Here are some pictures from the High Tea that was sponsored by our volunteering team as a thank you to our volunteers and their contribution.





Upcoming Events

Events	Details
Memorial Service	Thursday, 16 August, Church
Guest Speaker	Mid-term, Term 3 TBD
SFS Spring Carnival (Fashion Show plus sports)	Thursday, 6 Sept, Level 3
Winter School	9 July to 20 July, Level 3

Winter School

Winter School will be held during the term break from 9 July to 20 July with some exciting classes on offer. You can collect the enrolment form from the school office and keep active during the holidays.

Additional notes

- From Term 4, 2018 our fees will be increasing by \$5 per semester. Unfortunately this increase was required to help with additional costs.
- School for Seniors will be upgrading TV's in 2018 to better facilitate learning.
- If you know of any School for Seniors members who have passed away during the last year, please provide details to the office so we can remember them in the upcoming memorial service in Term 3.
- SFS Annual concert is scheduled for Friday, 14 December.
- All volunteers including tutors, op shop assistant and office admin are to collect their new badges from the School for Seniors' office.
- Students are not permitted to photograph or take video of any class in progress without the permission of the participants.
- Volunteers needed for our Carlingford and City SFS centre. Contact the office if you or anyone you know would like to volunteer their time.
- For chaplaincy or counselling needs contact Jeane Finnegan, Wesley Centre Chaplain.

Enrolment and course facts

Wesley School for Seniors has a **brochure** and a new **student handbook**. These are available at the office. The student handbook can be downloaded from the website too. Please hand out to friends and family interested in courses for seniors!

The school is run by invaluable volunteer support. Current figures are as below.

Enrolment numbers	413
Volunteer Tutors	76
SFS Classes	87
Volunteer admin including op shop	10

Term 3 enrolment for 2018 starts on Monday, 25 June, 2018.

The school will be closed from Saturday 7 July 2018 to Sunday 22 July 2018.

Term 3 will start on Monday 23 July 2018.

SFS council update

School council, which includes students and tutors representatives, meets twice each term. Below are a few updates following the council discussions.

- Badges have been purchased for all School for Seniors volunteers.
- TVs are in the process of being upgraded to facilitate better learning.
- Paul Hurst has kindly donated a projector stand to School for Seniors
- Classroom sessions for WHS volunteer training to be held in Term 3 for those who could not attend.
- SFS to welcome spring with a new event called Spring Carnival. Details to follow.