



## Heidi from Hamilton South's tuna pita pockets

### What you need:

- 2 tablespoons of olive oil
- 1 onion finely diced
- 1 large tomato chopped
- 1 carrot grated
- 1 capsicum thinly sliced
- 1 x 425g can of tuna in spring water
- ½ cup of green peas
- 1 tbsp of curry powder
- Pepper
- 4 wholemeal pitas halved
- ½ cup grated cheese

### What to do:

1. In a large pan, heat oil and add onion, cooking for five minutes.
2. Add the chopped tomato, carrot, capsicum and cook for five minutes or until tomato and capsicum have softened.
3. Add the tuna, green peas, curry powder and pepper. Stir to combine and cook for 5–10 minutes until all ingredients are cooked through.
4. Spoon tuna mixture into halved pita pockets and top with grated cheese.

## Useful contacts

Lifeline  
(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**

MENSLINE  
(support for men's issues)  
**1300 78 99 78**



September 2021

# Knock knock

Wesley Community Housing

## Chaplain's message

Brené Brown would have to be one of my favourite social researchers and authors. Her encouragement to live whole heartedly and courageously, accept our faults and being vulnerable in our relationships is inspirational.

If you have not come across her writings or talks, I encourage you to google her and maybe even give one of her TED talks a go. She says, "I don't have to chase extraordinary moments to find happiness – it's right in front of me if I'm paying attention and practising gratitude". Sometimes, I think we miss the most precious and beautiful things in life because we get stuck looking for more or looking for the better.

In 1 Thessalonians 5:16-18, it says, "Rejoice always, pray continually, give thanks in all circumstances; for this is God's will for you in Christ Jesus". God, our creator, knows us well and encourages us to live a life of gratefulness because He knows this is good for our health. It's good for our mental health, our spiritual self, our emotional health and even our physical health, and science now proves this to us.

*"I don't have to chase extraordinary moments to find happiness – it's right in front of me if I'm paying attention and practising gratitude".*

I know it's not always our natural reaction to life to be grateful, and it takes practice to continually turn our hearts and minds to be thankful for what we have and who we are. It's worth the practice, though.

Ralph H. Blum says, "There is a calmness to a life lived in gratitude, a quiet joy". Being calm and experiencing joy are beautiful by-products of living a life where, moment by moment, we look up and remind ourselves to be grateful. If you don't yet have a ritual of gratitude, let me encourage you to maybe use a few moments when you first wake up to choose to be grateful for something and a few moments when you first go to bed to think about the day and reflect on one thing you can be grateful for.

It may bring about some positive change for you, and another really cool thing is, gratitude can be catchy. You can pass it on and share it with others, bringing goodness into their lives as well. I'll leave you with one final quote from Naomi Williams, "It's impossible to feel grateful and depressed in the same moment". 🏠 Blessings of God's peace, Jeanene

## Wesley Impact with Stu Cameron

**Lights, camera, action!** During one of our regular community engagement events last May, Wesley Mission's weekly TV program filmed an episode featuring our team and tenants of Wesley Community Housing.

The episode gave tenants a chance to share their stories, experiences and the role that Wesley Community Housing plays in their lives. It also included a cameo from Darren of the Royal Botanic Gardens' Community Greening Program. With his help, we received a table that was generously donated by the Tallowood Men's Shed, which tenants later painted. In the near future, we hope to be able to join around the table for community engagement activities and meals.

Watch the TV program on Channel 9 at 5.30am every Sunday or check out our episodes online at [wesleymission.org.au/news-and-publications/publications-and-resources/wesley-impact-tv/](http://wesleymission.org.au/news-and-publications/publications-and-resources/wesley-impact-tv/)



### Contact us

General enquiries 1800 770 602  
Maintenance and repairs 1800 770 602

Wesley Community Housing  
[communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au)  
[wesleymission.org.au](http://wesleymission.org.au)

ABN 42 164 655 145 Wesley Mission is a part of the Uniting Church in Australia.

### Connect with us



**Do all the good you can**  
because every life matters

HOM4634

## What Country do you live on?

Wesley Community Housing tenants and our team live and work throughout New South Wales on the lands of Aboriginal and Torres Strait Islander peoples. We acknowledge the traditional custodians of Country throughout Australia.

### Find out what Country you on:

**Dharug** – Dharug land extends from Parramatta to the Blue Mountains, encompassing what we know as Greater Western Sydney.

Miller, Cartwright and Ashcroft are on the lands of the Cabragal clan of the Dharug nation.

**Eora** – Eora Country is generally known as the coastal area of Sydney.

The Gadigal of the Eora Nation are the traditional custodians of what we now know as Sydney.

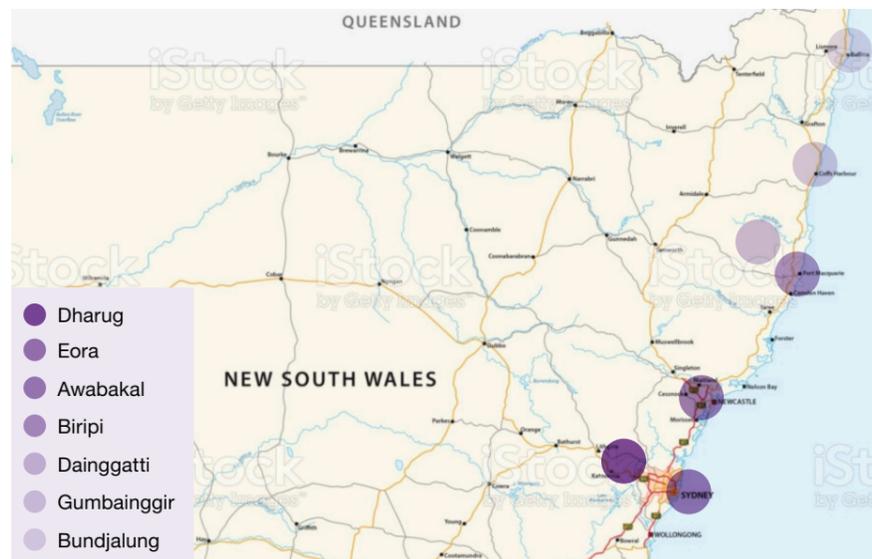
**Awabakal** – The lands of the Awabakal Nation include Wollombi to Newcastle and Lake Macquarie in the north.

Awaba, meaning flat or plain surface, is the name of Lake Macquarie in Awabakal language.

Wesley Community Housing tenants live and work on the lands of the Biripi (Port Macquarie area), **Dainggatti** (Kempsey), **Gumbainggir** (Coffs Harbour) and **Bundjalung** (around Ballina/Tweed Heads) peoples.

Wesley Community Housing is privileged to learn about Country from Biripi man, Brenden, during our gardening and community engagement events around Newcastle. To find out more about our community engagement events, contact our team on 1800 770 602 or email [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au).

Our team wants to know more about Country and what Country means to you. Email us if you'd like to share about your Country or tell us what Country means to you. 🏠



## A message from Stu

Dear friends,

It's an honour to write this note to all our tenants as part of your newsletter.

Recently, I visited one of our properties in Miller in south-west Sydney where some renovation work was taking place. I enjoyed meeting with a number of people who graciously showed me their homes and the improvements that had been made.

Now, I am writing to you from my home while I'm in lockdown, and I'm concerned for my new friends in Miller and all our tenants in the region. As you know and are experiencing, south-west and western Sydney has been particularly impacted by COVID-19, with strict lockdown conditions in place to prevent the further spread of this challenging virus.

During this time, you may live close by and be unable to connect with your neighbours as you usually do. Maybe your work hours have



been reduced, or it might feel like your friends and family are close but yet so far. If you're struggling in lockdown or feeling alone, our Wesley Community Housing team is only a phone call away. If you'd like to speak to a Chaplain, Jeanene, who you heard from in the last issue of this newsletter, is an excellent person and a great listener. She would be happy to pray for you if that's something you'd like.

Can I encourage you, as we continue to stay at home, to seek support if you need it, get vaccinated if you can and look forward to the days ahead

when we can enjoy being out and about with our friends and loved ones once again. I reckon when this is under control, we should have a BBQ to celebrate – how 'bout it! I would love it. 🏠

Stay safe and well,

Rev Stu Cameron  
CEO and Superintendent,  
Wesley Mission

## NSW Land and Housing Corporation capital works

Wesley Community Housing has now completed over \$650,000 worth of capital works as part of the NSW Land and Housing Corporation's \$40 million stimulus package. These works include renovating the community hall for tenants in Windale, major refurbishments and more. Our team thanks all our tenants for their patience and help during this time.

## Rent review

The time has come for Wesley Community Housing's rent review. We're required to complete a rent review twice a year, to match changes in Centrelink payments. Please check your mail regularly for any letters or reply to any messages we may send.

Wesley Community Housing can download your Centrelink Income Statement (CCeS) and tell Centrelink about any changes to your rent (EVOR) however, we must have your consent.

If you'd like us to take this action on your behalf or want to check if you have given your consent, contact us on 1800 770 602 or email [communityhousing@wesleymission.org.au](mailto:communityhousing@wesleymission.org.au).

To find out more about rent review, check out our Rent and Other Tenant Charges Fact Sheet on our website. You may also call or email us. 🏠

