

 **wesley**

Winter 2015

# **impact**



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CONTACT

**Executive Editor:** Rev Keith V Garner, AM  
Superintendent/CEO

**Editor:** Graeme Cole

**Writers:** Natasha Percy, Graeme Cole

**Creative Direction:** Grainne Hogan

**Design:** Maria Maynard

**Photography:** Nick May, Michelle Comito

**Printing:** Business Print Australia

Where stated, names have been changed and models have been used in photographs to protect identities and maintain confidentiality.

220 Pitt Street, Sydney NSW 2000  
PO Box A5555, Sydney South NSW 1235  
(02) 9263 5555

[communications@wesleymission.org.au](mailto:communications@wesleymission.org.au)  
[wesleymission.org.au](http://wesleymission.org.au)

**Superintendent/CEO:** Rev Keith V Garner, AM

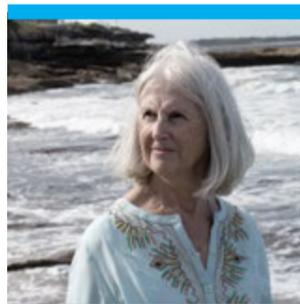
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"Cast all your anxiety on him because he cares for you."

1 Peter 5:7



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"You cannot serve both God and money."  
Luke 16:13

Each day at Wesley Mission we care for hundreds of people who are struggling with isolation, loneliness, homelessness, mental health issues, financial stress and broken relationships. Many are dealing with issues of self-esteem: feeling they do not belong and lacking self-confidence.

Some have stumbled through life blaming themselves for their situation. Unfortunately too many people have to do whatever they can to endure life's challenges, including denying their deep emotional pain.

It takes courage to turn inward, be honest about your feelings and acknowledge your pain and sorrow. Usually such a life-changing and brave response does not happen until you decide you have suffered enough.

It takes true resolve to face the aspects of your life that have been protected by ongoing denial.

On many occasions Jesus met people who had suffered enough and sought his love and mercy. They often came as broken people frequently emerging from the shadows of the crowds.

Yet in their time of need he embraced them and they were made whole.

In this edition of *Wesley Impact!* you will read several stories of brave people who have reached out and sought support and care from Wesley Mission.

When Gloria Taylor's husband died, she was left with debt and an uncertain future. She was threatened with bankruptcy. When Gloria was put in touch with a Wesley financial counsellor through her local community

centre, she was heartbroken and overwhelmed.

She had called out to God for comfort and hope and found the practical and emotional support she had long needed.

Charlotte was raising two young children when her relationship began to collapse. She also suffered domestic violence. Alone and without food or money she sought help from the Wesley Connect food ministry, but also found ongoing pastoral care. A Wesley financial counsellor has also helped Charlotte to put her finances in order to secure her future.

Like the disciple Peter who sought to walk upon the stormy sea, Jesus reaches us in the tempests of life and responds to our call of "Lord, save me." We are committed at Wesley Mission to continue this ministry of grace and compassion and invite you to share in this with us.

*Keith Garner*

Rev Keith V Garner, AM  
Superintendent/CEO  
Wesley Mission

For more visit  
Rev Dr Keith  
Garner's blog ▶





Gloria shares  
her story on  
Wesley Impact! TV ▶



# Storms of life fail to shake Gloria's faith

**G**loria Taylor has had her share of storms to weather. She has endured the sudden death of her teenage son, her husband's struggles with depression, alcoholism and cancer, and a crippling financial stress that almost sent her bankrupt. She has come close to complete despair, yet through it all Gloria has maintained a strength she knows is beyond her capacity.

Gloria first experienced this strength in her unstable childhood. "It took me a while to realise that it was God hanging onto me and bringing me through until I went to church in my teens and started to learn about him," she said. "Since then I've relied on God and he's always looked after me and my family."

This serene strength permeates Gloria's voice as she speaks about the struggles she has lived through.

Having three stepfathers growing up, Gloria says she was determined from an early age that her children would "only ever have one daddy".

This future father figure, Ken, came onto the scene early, when Gloria was 16 and living in Cronulla. "I didn't even like him when I first met him—I liked his mate, but then Ken grew on me," she smiled. "Marrying him was the best move I ever made."

Soon after their wedding, Ken and Gloria moved to regional New South Wales, and Ken's work as an industrial radiographer meant they moved often as they were

raising their two children, Jason and Tracey.

The joy of the first eight years of marriage was tarnished by Ken's struggle with alcohol, which made him violent. "He never hurt us, but we all suffered the consequences of his drinking, and there were times I had to pick up the children and run," Gloria said. "But something within me understood that he had a sickness, and that understanding was a gift from God."

When Ken courageously gave up alcohol with the help of Alcoholics Anonymous, the violence stopped and Gloria says "life changed dramatically" for the family.

For most of their married life however, Ken's struggle with depression continued, and when he was not working, he spent most of his time on the couch. "He wouldn't talk to anybody, he'd just sit and watch the TV, but we all loved him so we just moved around him," Gloria recalled.

Their most painful challenge came on Christmas Eve, 1988, when their 18-year-old son Jason was killed in

**"It took me a while to realise that it was God hanging onto me and bringing me through until I went to church in my teens and started to learn about him."**

a car accident. "Jason wanted a motorbike and we were talking him out of it because we worried about safety, but then he ended up dying in a car," she said, with a grace that reflects the strength that continues to carry her. "I'm a protector—I'd always stopped things happening to the children, but I couldn't stop this. It was his time," she said.

Ken and Gloria persevered through the hard years that followed, supported by their daughter Tracey, and buoyed by the arrival of their two grandchildren and then two great-grandchildren.

In their early fifties, Ken and Gloria moved back to Sydney, hoping they could spend the last years of their



working life and their retirement simply but happily, watching their grandchildren grow up.

They had owned two houses in regional New South Wales, and while they were not able to save much, they had always managed to pay their bills. Soon, however,

**“I had no choice—Ken couldn’t be left alone and because the chemo was so toxic, we had to be very cautious,” she said.**

the harsh reality of the cost of housing and daily living in Sydney hit them hard. “Financially, we were doomed the day we came back,” Gloria said.

They resigned themselves to the fact that the money they had would never be enough for a home in Sydney.

“We’ve been paying other people’s mortgages for such a long time,” Gloria said.

Fourteen years later, both Ken and Gloria were working full-time and just managing to make ends meet

when Ken collapsed suddenly one day at home.

He was diagnosed with terminal lung cancer, and when his chemotherapy began, Gloria had to give up work to look after him, and both she and Ken were living on the pension.

“I had no choice—Ken couldn’t be left alone and because the chemo was so toxic, we had to be very cautious,” she said.

Their superannuation was used to pay off credit card debts, which had been escalating with petrol costs and bills. Because Gloria had not had constant work over the years, she had little superannuation to fall back on. Gloria wrote to the banks to explain her situation and offered to pay back her remaining debt at \$5 a week. While some banks were happy to waive her debts, others persisted in chasing them. At one

point, Ken was receiving calls while he was dying.

The remaining money in the bank was used to pay for medical costs, medications and hospital parking, so once the rent and utility bills had been paid, there was nothing to live on.

“If it wasn’t for our daughter giving me \$50 a week for food, I couldn’t have eaten,” Gloria says. “I felt guilty about this. I thought ‘your father and I have worked all our lives—we should help you’. But when you go to the cupboard and you’ve eaten your last tin of baked beans and the last piece of bread in your freezer, if someone gives you \$50 you take it.”

People in Gloria’s situation walk through the doors of [Wesley Financial Counselling](#) every day, says Financial Counsellor Keli Carcaillet.

“The financial stress may be different for each person, but the stress, anxiety, depression and even suicide ideation are similar for the majority of my clients,” Keli said. “Gloria was very strained

and overloaded when she first came to see me.”

Financial counsellors provide emotional support and specialist counselling and education to help people swamped by financial stress to gain independence and control of their finances once again.

When Gloria was put in touch with Keli through her local community centre, she was close to giving up. She was grieving, as Ken had passed away. She had tried to get her old job back but this was not possible, as the company she had worked for was already cutting back. She was also still feeling the pressure from creditors who continued to contact her.

Even though she had only \$6,000 worth of debt Gloria was threatened with bankruptcy, which could have left her without a car. “I was virtually left with nothing, and I was fighting to keep my car because it’s not a luxury—it’s a necessity with an 87-year-old mother with low vision.”

Gloria says she has been able to avoid bankruptcy, thanks to Keli. “Keli was a Godsend,” she said. “She dealt with the creditors and actioned everything she said she was going to do, and gave me so much emotional support. She went above and beyond to make sure I walked out of her office okay.”

The future is still uncertain for Gloria, and when it comes to thinking about the years ahead, she says “I don’t”. “I’m 66 and most people at this time of their life are ready to retire and have their own home, but that’s not me.” While Gloria’s mother has now moved in and is sharing rent costs and other bills, Gloria doesn’t know what will happen when her mother eventually moves. “Some days I look at the car and the dog and think ‘Maybe one day I’m going to have to sell everything and live in a tent’,” she said.

The prospect of having nothing to leave to her children also weighs heavily on Gloria. “I have felt like a pauper, and embarrassed that

in the end, Ken and I prioritised his work, jeopardised the kids’ future and ended up with nothing to give them,” she said.

Yet Gloria says she tries not to dwell on the past or the uncertainties of the future. She has a new peace now that the stress of financial debt has been lifted. “I’ve turned a corner,” she said. “I’ve had to learn to stand on my own two feet and I’m now starting to reach out.”

She volunteers at the local hospital, and looks after her grandchildren and great-grandchildren regularly. She has also just started to pursue work as an extra on TV commercials. The future will still bring its challenges, but Gloria says the same strength she has felt her whole life will enable her to deal with whatever may be in store.

“The day’s going to come when I’ve got nowhere to live, but I’ve always been safe, even in those bad days, and I know it’s God looking after me,” she said. **1**

## New Wesley Mission report: Financial stress on the rise in New South Wales

The latest Wesley Report, *Facing financial stress*, was launched in Sydney in May by Wesley Mission Superintendent the Rev Keith Garner.

Joining him at the launch was deputy chair of ASIC Peter Kell, and other representatives from government, banking, finance and superannuation.

The report revealed that an alarming 44 per cent of New South Wales households are suffering financial stress, jumping from 37 per cent in 2010.

The report also found that 38 per cent of households in New South Wales are spending

more than they earn, which is a seven per cent increase since 2010.

Other key findings were:

- 16 per cent of all households had to seek help from family and friends
- 16 per cent of all households were not able to pay electricity/gas/telephone bills on time
- 12 per cent were not able to pay for car service/repairs
- 12 per cent or one in eight households were not able to pay for medical care; and
- 12 per cent had to pawn or sell something. **1**



[Read The Wesley Report Facing Financial Stress](#) ▶



# Logan finds his feet and confidence

With a gentle grin, Logan cheerfully grabs a toy for his little sister, and shares a joke with his mum Becc as he tells her about his day at school. During the past year, this simple, warm gesture was unimaginable as Logan projected his struggle with anger, sadness and low self-esteem onto his family. The pain was too much as he sought to shut himself away from the world.

Growing up, Logan had been kind, lovable and friendly. He had strong protective instincts which shone through as he cared for his younger brother and sister. One of five children, Logan had a happy family life and strong bonds with both his parents.

However when his parents' marriage broke down a year ago, a burden of anger and disappointment started to

overwhelm these qualities, and Logan became 'a different boy'.

"He became very quick to temper and get emotional," Becc said. "I would try and talk to him but after a couple of times of trying I would give up—I was so tired."

Having started a new relationship, Logan's father became distant and distracted, and no longer seemed interested in spending quality time with him.

"I was sad and every time I talked to my dad he would disappoint me and I would be angry and take it out on other people," Logan admitted.

He changed schools twice in one year as the family moved. As he tried to adjust, his feelings of hurt, frustration and anger hampered his ability to concentrate in class and make new friends. He was bullied at school and constantly unhappy.

"I didn't have the confidence to talk to anyone, I just cared about myself,

**"I didn't have the confidence to talk to anyone, I just cared about myself, and if anyone said anything bad to me I'd react," he reflects.**

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For Becc, Logan's volatile behaviour at home made coping with her already stressful life so much harder. Apart from the emotional and financial impact of the divorce, Becc had had to oversee the renovation and sale of their family home and the family's relocation to her parents' Sydney home.

Becc has her own challenges: she takes her two youngest children to weekly specialist appointments. Her four-year-old has learning difficulties and her three-year-old has quadriplegic cerebral palsy and epilepsy, and needs constant care and support.

"It was exhausting and depressing, and sometimes I still have a cry about it, but I couldn't let myself crack because I had five children to look after so I just kept going," Becc said.

Becc's worry for Logan prompted her to enquire about counselling, and this led the family to [Wesley Counselling Services](#). Logan says his weekly meetings with his counsellor, Lucy, helped him to work through his difficult and consuming emotions.

"It was nice to talk to someone every week and just get it out, and Lucy helped me to think of the positives," Logan said.

"She also helped me with the bullying—she told me to ignore it and walk away, and then I started doing that and they left me alone. Now I don't get bullied anymore."

Lucy referred Logan to [Wesley Operation Hope](#), a program which provides young people who are from disadvantaged backgrounds with opportunities to build confidence in a supportive environment through outdoor adventure-based and team-building activities. Performing arts activities have also been added.

Logan was nervous on his first outing, but soon began to open up to his peers. "I'm now friends with pretty much everyone, and because of the support from the other kids and leaders, I did things that I wouldn't have done before," he said.

Five months into the program, Logan has grown in self-esteem and determination, according to Wesley Operation Hope Program Coordinator Michelle Comito.

"Logan wants to take leadership in his own life, and so rather than focusing on what other kids are doing, he'll set himself a goal, and he'll be happy when he achieves that," Michelle said.

"When kids like Logan reach these goals in the program, we can relate this back to everyday life and help them to see that they can overcome the daily challenges they're facing."

**"Logan wants to take leadership in his own life, and so rather than focusing on what other kids are doing, he'll set himself a goal, and he'll be happy when he achieves that," Michelle said.**

Logan's journey is just one of the many experienced by young people in the program. While many are dealing with family breakdown and bullying, others are affected by substance abuse, underage sexual activity, or are caught up in the juvenile justice system.

Wesley Operation Hope is designed to complement other services such as counselling, as part of a holistic approach aimed at giving young people strength and confidence.



"Even the fresh air just puts people in a different frame of mind—when kids talk in a more casual environment that's not a room, sometimes they'll actually be working through something without realising it," Michelle said.

Today Logan is doing well at school and has made new friends. He is learning to play the guitar and cannot wait for his next lesson. He rides his bike and hangs out with friends on weekends instead of being shut away with a computer game at home.

"Someday I want to be a police officer or a youth worker, so I can help people," he said.

With seven people under one roof, home life for Logan and his family is still challenging, but according to Becc, it is much easier thanks to his newfound contentment and confidence.

"I was concerned Logan was going to go down the wrong path and I was trying to do everything I could but it didn't seem enough," Becc said. "Now, because of Wesley Operation Hope, his confidence and his loving nature's back which means there's a lot less worry." **i**



# A flicker of hope amid despair

Charlotte\* sips her coffee with a sigh, and shakes her head as she thinks about the past 18 months. The sky outside is dimming. “It’s been hell,” she says, but through the weariness of her eyes, an unmistakable ‘never-give-up’ glint shines through.

Learning perseverance came early: Charlotte’s mother left the family when she was seven, and she was sent to live with her aunt. She has struggled with issues of abandonment ever since.

“Mum was never emotionally there. It wasn’t a bad childhood, but the upheaval affected me and I always had that feeling of not being secure,” she reflected.

After the “terrible turmoil” of an eating disorder in her twenties, and the breakdown of a relationship with her fiancé, Charlotte sought a fresh start and moved from New

Zealand to Australia. In many ways it was a new beginning.

In Sydney, at the age of 27, she found the psychological support to beat her eating disorder, and

**“Mum was never emotionally there. It wasn’t a bad childhood, but the upheaval affected me and I always had that feeling of not being secure,” she reflected.**

worked as a secretary and then a restaurant manager.

By her mid-thirties, Charlotte had a career, but desperately wanted to be a mum, and decided to start a family with her partner. In 2008, their daughter was born and a son followed in 2009. Charlotte loved motherhood, but these early years were tiring—she was living on her own and caring for the two children, and her partner was living with his mother and two children from a previous marriage.

By the time her son reached the age of four, Charlotte was angry

and frustrated at the emotional abuse she was receiving from her partner, and his unwillingness to commit. She decided to end the relationship but her partner refused to accept her edict and a nightmare began.

During an argument her partner struck her. She had no alternative than to take out an Apprehended Violence Order (AVO) against him. Sadly when he finally left her apartment, he cajoled the children into following him. Charlotte’s pleas that he return them were ignored.

“I was so naïve—I hadn’t taken out an AVO before and I just assumed that as I had always been the kids’ primary carer, they would stay with me. I was never advised to put their names on the AVO as well,” she said.

Charlotte has been fighting to regain access to her children. She has only seen them a handful of times in the last 18 months as the children are often with their father, who is still under an AVO.

**“I’m in trauma every day not being able to give them a hug, and not having me there has got to have affected them,” Charlotte said.**

““They miss me and they’re starting to question why things are the way they are, but I just keep trying to assure them that I love them.”

A few months after the children had gone, Charlotte lost her child support payments, and she was unable to pay her rent. The following months were consumed with trying to find affordable child and family friendly accommodation.

Charlotte ended up in temporary accommodation, then stayed on a friend’s couch, before living on the streets. Finally she gathered the courage to ask her former partner to repay money owing to her. The money enabled her to stay at a hotel until she was finally given priority social housing in April.



Lucy Parker and Jeane Finnegan from Wesley Connect.

“All this time I thought ‘I can’t work or fight for my children because I’m consumed with this housing issue’,” she said.

Throughout her ordeal Charlotte was struggling to find legal aid because she had received incorrect advice and unreliable legal assistance.

Like many women who are homeless and escaping domestic violence, she found it hard to navigate government departments and processes. It was draining and time-consuming.

“All these bodies which are set up to help women in my situation didn’t have processes that applied to me because the kids weren’t with me,” Charlotte explained.

During these anguished months, Charlotte regularly visited Wesley Connect: a city-based food and care ministry provided by Wesley Congregational Life. Here she found food assistance, practical support and counsel.

“When I felt as though everything and everyone was against me, Wesley Connect made me believe in myself again and it gave me power to dig deep and keep going,” Charlotte said.

Lucy Parker, who coordinates the Wesley Connect program, and Wesley Centre Chaplain Jeane Finnegan have been walking beside Charlotte and supporting,

listening and praying with her.

“When Charlotte first came in, she was so broken, fragile and guarded, but she has always been a strong woman, and a fighter, and she knows she’s loved and valued, and has so much to give. She still has a journey ahead of her but she’s grounded enough to move forward now,” Lucy said.

Charlotte’s situation is improving. She has found family friendly housing and good legal support which is helping her to feel more confident in her quest to share and participate more in her children’s lives.

The care Charlotte has received through Wesley Connect has given her peace and a new perspective on life.

“Wesley Mission is teaching me not to be angry, but to forgive, which is making me feel better,” she said.

“What I have had here has been so good, and in my moments of absolute despair, it has been so special that someone has taken the time to pray for me. I want to be a part of what these people have.” **I**

To find out more about Wesley Connect, phone (02) 9263 5360 or email [Lucy.Parker@wesleymission.org.au](mailto:Lucy.Parker@wesleymission.org.au)

\*Photo and name have been changed to protect privacy.

# The use of money

with the Rev Keith V Garner, AM

## — Luke 16:13 —

In this edition of *Wesley Impact!* which focuses on financial stress, I have chosen to address the difficult issue of 'the use of money' in my Wordwise column. John Wesley, our father in God, left many of his sermons to the wisdom of the church. One of his most famous, and certainly a favourite of his, was on the use of money. In his sermon register, it appears 23 times. It was initially preached in 1744 although

it didn't make it to print until 1770. The fact that he repeated the sermon so frequently sprang from his conviction that a proper use of money was actually a test of a person's Christian life.

"No-one can be a slave to two masters. Either you will hate the one and love the other, or you will be devoted to the one and despise the other. You cannot be a slave to both God and money." (Luke 16:13)

This text comes from the parable of the shrewd manager, which seeks to communicate the fact that faithfulness in matters of possessions is a mark of true discipleship. The worldly-wise person is one who makes a prudent use of money and sees it as a gift entrusted to him or her. Money is not and can never be the ultimate priority of our lives. In the stories in this *Wesley Impact!* and in our recent Wesley Report,

Facing financial stress, we have seen the devastating effects of the difficult, and often unpredictable, situations people find themselves in with regard to money.

Those of us who are not presently struggling with financial stress must remind ourselves that each of us comes to a moment when we must choose the vital and lasting priorities of our lives. In his splendid commentary on Luke, Darrell L Bock concluded an assessment of the verse in this way: "In this context, money is a litmus test about greater issues and responsibilities, and it is clear that one should choose to serve God."<sup>1</sup>

When John Wesley preached on this theme, he used an earlier verse (Luke 16:9) to drive home his point. His celebrated three-point sermon is worthy of consideration, in addition to taking his life as an example of practical application.

### Gain all you can

This point could be misunderstood and only makes sense in relation to the points that follow. John Wesley made the qualification that we should only gain all we can without hurting others.<sup>2</sup>

When the Methodist movement was deeply affected by the work of the Holy Spirit, many of its people became entrepreneurial and engaged in various aspects of business life, but always for a good and decent purpose. Wesley set out in his sermon the principles of his philanthropy. "He urged his readers to be progressive and entrepreneurial and use their God-given talents to acquire money."<sup>3</sup>

### Save all you can

Living simply was not an invention of modern-day ascetics. John Wesley, who was a widower and without children when he died, knew what it was to give away, but that did not prevent him from imploring his people to live out their

life in Jesus Christ by using their valuable resources very carefully. He encouraged people to set up lending facilities and also taught that they should be aware of the needs of the poor. Without saving their resources, it would have been impossible to offer assistance to those who had little.

John Wesley's understanding of saving was not simply to save against the day of need, but to ensure that what we have does not drift away from us in foolish and unnecessary spending.

### Give all you can

If John had a slogan, then it would be "doing good". Developing from this is the rule of John Wesley which greets people entering the Wesley Centre. However, 'doing good' must not be understood as being a contributor to salvation, for the same preacher was just as convinced that the riches of the grace of God could never be earned. But he did believe that his attitude towards employing his resources involved using his money effectively, and in order to counter any allegations of the misuse of funds, he kept very careful records until just a few months before he died.

His concern for the poor was something that deeply affected him during his time at Oxford. On 21 January 1740, four miles outside the city of Bristol at Lawfords Gate, he helped at least 150 people who were on the verge of starvation owing to severe frosts that had prevented them from working.

While in London, he came across people living and working in appalling conditions which, when added to cold and hunger, made life unbearable. He railed against the common misapprehension, "They are poor only because they are idle."<sup>4</sup> He would have much to say to people, even in contemporary Australia, who are quick to judge those who are poor as though it were some kind of measure about their efforts to live

life to the full. Our experience at Wesley Mission recognises that people can be poor for a wide range of different reasons, many of which are outside their control.

Jesus exhorted the people of God to be as wise as possible in the use of money. We shall all have to give an account not only of our fiscal balance, but also with regard to the way we have reached out to those in need. In recent years organisations and institutions have become increasingly aware that they ought to use their resources to help others. Wesley Mission is encouraging those who have means, not only as individuals but as government, businesses and corporations, to support our call for greater financial literacy, and for more opportunities to offer financial counselling to those in great need.

When John Wesley died, he had very little of this world's goods. In view of the very considerable proceeds from his writings, he might have died a wealthy man, but when the end came he was left with few personal items, all of which were distributed to the poor. He was, therefore, well qualified to preach on the subject of Christian stewardship.

Luke 16:1-13 offers a clear pattern that our Christian life must be lived in relation to stewardship. The parable pictures a man in dire circumstances and, by thinking ahead, he acts prudently to secure his future. As far as Jesus was concerned, divided loyalties are prohibited and our generosity and concern for others will reap the richest of spiritual rewards.

Rev Keith V Garner, AM 

1. Bock, Darrell, L, *Luke 9:51 to 24:53*, Baker Exegetical Commentary, p.1336.
2. Edited Outler, Albert C, *The Works of John Wesley* Volume 2, Abingdon Press, p.269.
3. Waller, Ralph, *John Wesley—A Personal Portrait*, SPCK, p.104.
4. John Wesley's Journal, 9 and 10 February 1753.

NEWS

## Wesley Mission head in birthday honours

The Superintendent and CEO of Wesley Mission the Rev Keith Garner has been made a Member of the Order of Australia (AM) in the 2015 Queen's Birthday honours for significant service to the community and for being an advocate for people who are homeless and socially disadvantaged, and to pastoral care.

Mr Garner said the award was a testimony to the strong team that he worked with at Wesley Mission.

"Whenever a person is recognised in any aspect of life it is only because they have been working alongside a great team of people. That has certainly been my experience at Wesley Mission," he said.

"It is pleasing but humbling to be recognised in your adopted country."

His receipt of the award presented an important opportunity to raise awareness of the social issues faced by the people Wesley Mission assists every day.

"If this award can in any way further enhance and develop this work then I will be pleased and delighted," he said.

"Australia continues to have high levels of homelessness. Each night



The Rev Keith Garner: honoured as a powerful and passionate advocate.

more than 100,000 Australians are homeless with one-third being homeless families. We must continue to build a better future for these people and give a strong voice to those who have no place to call home."

Non-Executive Director and Chair of the Wesley Mission Board, Mark Scott, said Wesley Mission welcomed the award as an important recognition

of Mr Garner's leadership and willingness to speak out on behalf of people who do not have a voice in our society.

"Keith is a powerful and passionate advocate on behalf of the people in greatest need in our community," Mr Scott said.

"Under his leadership, Wesley Mission provides a helping hand to thousands of people."



### Are you struggling with mental illness?

Help is at hand. Wesley Hospital Ashfield and Kogarah offer effective, compassionate treatment programs for depression, anxiety, eating disorders, alcohol dependency, drug addiction, bipolar disorder, psychosis or borderline personality disorder.

To start your recovery call Wesley Hospital today on 1300 924 522.

Wesley Hospital has agreements with most private health insurance companies.



1300 924 522 [wesleymission.org.au/hospital](http://wesleymission.org.au/hospital)

NEWS

## Rock solid prevention in mining communities

Australian workers in mining, oil and gas are being equipped with information to help prevent suicide as part of a new partnership between Wesley LifeForce Suicide Prevention Networks and Mining Family Matters.

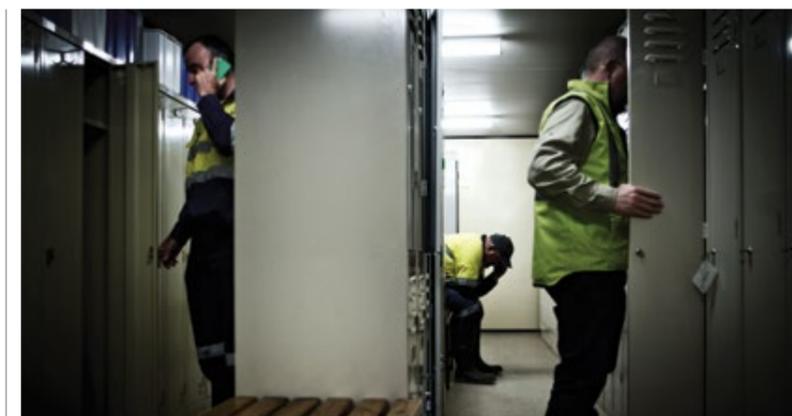
Mining Family Matters founder Alicia Ranford says the Rock Solid Suicide Prevention Program aims to build emotional resilience and help prevent suicide among workers in the male-dominated resources industry, while also resourcing families with practical strategies to survive the challenges of working away or shift work.

"Wesley Mission has been a leader in the suicide prevention field for many years, establishing Lifeline in 1963 to counsel people in crisis by phone 24/7," Ms Ranford said. "It also established Wesley LifeForce in 1995 to provide suicide prevention services that educate and empower local communities and support people most at risk.

"At Mining Family Matters we've always been convinced that prevention is better than cure, and that the mental health of workers should be considered every bit as important as physical health and safety.

"That's why we're proud to be working with the suicide prevention team at Wesley LifeForce to bring their considerable expertise to the mining and resources industry, particularly given the additional pressures on fly-in, fly-out (FIFO) workers and their families."

The launch of the national program comes as the West Australian Parliament investigates a spike in suicides among FIFO workers in the Pilbara, and greater awareness about Australia's alarming suicide statistics that show suicide is the leading cause of death for Australians between the ages of 15 and 44.



A partnership between Wesley LifeForce and Mining Family Matters provides vital mental health support to industry workers.

The CEO of Wesley Mission the Rev Keith Garner said although there is no specific research about the rate of suicide among workers in mining and resources, experts agree that fly-in, fly-out and drive-in, drive-out (DIDO) workers have greater exposure to risk factors that can contribute to deaths by suicide.

"Risk factors for people who work away in mining and resources include social isolation, family and relationship stress and being exposed to high-risk on-the-job activities such as underground mining and blasting," Mr Garner said.

Under the Rock Solid collaboration, Wesley LifeForce is offering a range of cost-effective workshops to mining and resources companies Australia-wide, to teach simple, effective interventions aimed at reducing the cost of workplace stress, saving lives and helping to eliminate the impact of losing a staff member to suicide.

These highly interactive workshops are delivered by skilled trainers with extensive experience in suicide prevention and mental health.

Key issues to be addressed include why people take their own life; risk and protective factors; commonly held beliefs about suicide; how

to help someone going through a tough time; barriers to suicide intervention; how to build individual resilience; and implementing the Wesley LifeForce See Ask Listen Tell (SALT) intervention strategy.

Mining Family Matters has also updated its award-winning [Survival Guide for Mining Families](#) to create a new guidebook called *Rock Solid*, with fresh content ensuring workers are provided with practical strategies to boost emotional wellbeing, help prevent suicide and keep their relationships strong and happy.

Chapters include identifying stress and depression; overcoming stress, anxiety and sadness; surviving in a tough working environment; knowing your mental health first aid; raising resilient children; simple ways to stay connected; and making your money work.

In South Australia, the Mining and Quarrying Occupational Health and Safety Committee (MAQOHSC) is funding a Rock Solid Suicide Prevention Pilot Program within the state's mining and quarrying industry. MAQOHSC is the only organisation of its kind in the world—specifically funded by South Australia's mining and quarrying industry to make workplaces safer.

NEWS

NEWS

## Courageous mission of first Methodist minister remembered at Sydney service

The whole of the Wesley Mission family celebrated the 200th anniversary of the arrival of Rev Samuel Leigh, Australia's first Methodist minister, with a celebration service at the Wesley Centre in Sydney. Wesley Mission Superintendent, the Rev Keith Garner said today's Methodists could learn from Mr Leigh's faith and missionary work, and his momentous arrival in Australia.

Mr Leigh's arrival was in response to a plea for a minister from Sydney's earliest Wesleyans, including Edward Eagar, Thomas Bowden and John Hosking. As Australia's first Methodist missionary, Mr Leigh showed remarkable courage and perseverance in the face of great hardship and the gruelling task of ministry in the fledgling colony of Sydney.

Mr Leigh dedicated himself to

preaching God's word to as many people as possible, often by door-to-door visiting or on horseback on roads frequented by bushrangers. He had a concern for the poor and for the needs of Aborigines.

Under Mr Leigh's leadership, the first Methodist chapel was built, with four others constructed in the following years. The first Methodist circuit began, incorporating 14 places of worship. Mr Leigh also established the first Wesleyan mission in New Zealand after he was transferred there in 1822.

To mark the occasion, a biography written by Mr Garner entitled *Samuel Leigh: The first Methodist missionary to Australia and New Zealand*, gives endearing and action-filled accounts of Mr Leigh's inspiring perseverance in the face of hardship and disappointment. "The legacy



200 years of Wesley Mission ▶

The Rev Samuel Leigh: remembering a remarkable legacy. Caroline Simpson Library & Research Collection, Sydney Living Museums.

about the churches and ministries he instigated or set up; it is as much about his sacrificial commitment to the work of God, his determination to continue in his ministry despite heartbreaking obstacles, and his humble and enduring faith," Mr Garner said. **i**

## The heartbeat of evangelism: farewell to Gordon Moyes

Hundreds of supporters, current and former staff, and members of Wesley Mission congregations attended the funeral of former Wesley Mission Superintendent the Rev Dr Gordon Moyes at the Wesley Church on 10 April in Sydney.

Dr Moyes had passed away on Easter Sunday, 5 April. Tributes flowed from those who knew him and served in ministry alongside him. He had been Superintendent at Wesley Mission for 27 years.

His radio program, Sunday Night Live, ran for nearly 18 years on 2GB. It featured interviews, stories, anecdotes and listener talkback.

"The Rev Dr Gordon Moyes AC had a distinguished ministry in Victoria, prior to an outstanding contribution at Wesley Mission from 1979 until 2005," the Superintendent and CEO of Wesley Mission the Rev Keith Garner said.

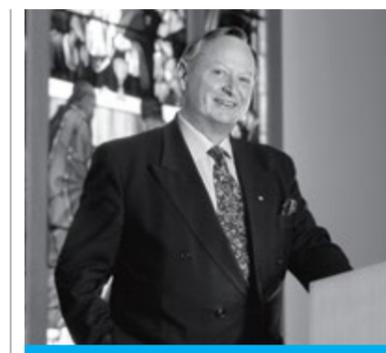
"He will be remembered for his contribution in expanding so many distinctive and enduring Wesley Mission services.

"Like those before him, he gave himself untiringly to a media ministry, believing that it was one of the key ways in which the gospel could be shared with the nation.

"He declared evangelism to be the heartbeat of Wesley Mission. However, it was not only in the life of the church that Gordon made a huge contribution, but in the wider community.

"In the field of politics and community engagement, Gordon was at the forefront of his day.

"He entered the New South Wales Legislative Council in 2002, following a resignation. Gordon subsequently stood at the 2003 State Election and was elected in his own right.



Gordon Moyes: outstanding contribution.

"He will be remembered as one strongly committed to Wesley Mission's Word and deed ministry.

"The whole Wesley Mission family is remembering and praying for Beverley, the children and grandchildren at this time."

Dr Moyes died peacefully surrounded by 'the love of his life'—his wife of 55 years, Beverley, his children, grandchildren and great-grandchildren. **i**

**Watch All Episodes ▶**  
wesleymission.org.au

**Fun ways to help Wesley Mission ▶**  
Wesley Mission's Business Development Manager Paul Mendham unpacks the many ways people can support our work.

**Facing Financial Stress ▶**  
Wesley Health and Community offers services to help those who are vulnerable throughout NSW. General Manager Chris England gives insight into this work.

**The Music of Third Day ▶**  
Mark Lee and Mac Powell of award-winning band Third Day reflect on their journey since forming the band after they finished high school in the 1990s.

**5.30 am Channel 9, 7.30 am Australian Christian Channel**

## Young people serving the city of Sydney

Wesley Urban Mission will bring several church youth groups together for a week-long experience designed to give young people a taste of service to those in need in their own city.

From 27 September to 2 October, high school youth groups will camp at the Wesley Urban Mission base camp at Cockatoo Island, and venture into the community to work alongside marginalised children, young people and adults in Wesley Mission's service areas.

The event aims to give young people a great opportunity to experience Christlike servanthood by connecting with people in

need, and to get to know workers who have dedicated their lives to helping others. As young people serve together and build friendships, they will be encouraged to consider the call of Christ in their own lives.

Wesley Mission Superintendent the Rev Keith Garner highlighted that Wesley Urban Mission aims to ignite young people's passion for social justice and helps them to reflect on the vital integration of faith and service, that is Word and deed.

"God responds to what is wrong in the world in very tangible ways," he said. "Wesley Urban Mission is about young people getting involved in that response and being able to take that experience into other parts



Teens unite for Wesley Urban Mission.

of their lives. When young people dedicate a week to serving others in love, it has an enlivening effect, not only on the youth themselves, but on their churches, their friends and their families."

Find out more by emailing [urbanmission@wesleymission.org.au](mailto:urbanmission@wesleymission.org.au) or phone us on (02) 9263 5464. **i**

NEWS

## New site for seniors in south-west Sydney

**S**ocially isolated and disadvantaged seniors in south-west Sydney have a new place to meet, socialise and draw inspiration.

**Wesley Seniors Social Hub at Fairfield** is attracting around 110 seniors each week. It aims to break down the barriers of culture, isolation and economic hardship to give older Australians a better and more connected quality of life. When fully operational, up to 45 people will attend the centre daily.

“The hub has already given many members a new lease on life by decreasing the social isolation and breaking down cultural barriers through mutual activities like sharing a meal or celebrating a birthday,” Wesley Mission Superintendent the Rev Keith Garner said at its opening.

“These activities are vitally important given that around 40 per cent of members are 80 years or older and living on their own, and the remaining 60 per cent live with their family but are alone during the day. Members are enjoying the regular routines at the centre, the new friends they have met and the bonds they forged with Wesley Mission staff.



The Rev Keith Garner speaks with clients Kim Heang and Diryawsh Mikhaeel at the opening.

“Fairfield and Liverpool have more residents than average who were born overseas or speak a language other than English than any other local government area. However, we also know that older people from culturally diverse backgrounds tend to underuse community services.”

Members come from a large range of backgrounds: Vietnamese, Cambodian, Assyrian, Chinese, Thai, German, Serbian, Anglo-Saxons, Italian, Spanish and Arabic. For many English is a second language but the multilingual staff have made them feel at home and are continuously connecting them

with appropriate cultural services and networks.

There may also be the need for housing and accommodation, disability, mental health, or financial counselling services delivered by both Wesley Mission and external providers.

Accessible transport has played a big role in the success of the hub, enabling people to attend events and activities and renewing the joy that was once part of their everyday life experience.

Find out more by emailing [seniorsocialhub@wesleymission.org.au](mailto:seniorsocialhub@wesleymission.org.au) or calling us on (02) 9723 2420

## Employment contribution acknowledged

**A**fter supporting and assisting thousands of job seekers to prepare to enter into the workforce through training and case management for more than 15 years, **Wesley Employment** is being progressively closed throughout the rest of 2015 after an unsuccessful Employment Services Tender application.

The loss comes as government funding is being given to a progressively smaller number of

organisations in the sector. Thirty-six providers lost all their business, and the number of providers has almost halved in each of the previous two government contract terms.

Wesley Employment connected job seekers with prospective employers and with training organisations, including Wesley Vocational Institute, to develop skill sets and increase their ability to find employment.

Wesley Mission operations in southern New South Wales will wind down during 2015. Operations in northern New South Wales will continue as Wesley Mission has many other services in the region, though in new, smaller locations.

Wesley Mission CEO the Rev Keith Garner, along with the General and Executive managers, expressed their deep appreciation of the ongoing professionalism and compassion in the delivery of care to the people of New South Wales.

NEWS

## Standards surpassed as Wesley Disability Services rolls out NDIS

**W**esley Disability Services is now assisting people under the new National Disabilities Insurance Scheme (NDIS) after gaining 100 per cent compliance against the National Disability standards.

As a result, **Wesley Disability Services** received Third Party Verification and is now an approved provider of services for the NDIS for provision of accommodation and drop-in support, centre-based and flexible respite services, life skills and community living programs, community access and social support, day programs, post-school and after-school support, transition to work and Young People in Residential Aged Care and behaviour intervention support programs for people with a disability.

“Wesley Disability Services has not only met the new NDIS standards but surpassed them,” the CEO of Wesley Mission the Rev Keith Garner said. “This is a great team effort.

“This outcome means we can now assist people with a disability or the families and carers of someone with a disability with a suite of services.”

To achieve the accreditation, policies and procedures were reviewed against the National Disability standards and a comprehensive and a rigorous audit of Wesley Disability Services sites. The accreditation process has also provided an opportunity to improve our strength-based services.

The auditor’s feedback indicated that areas of Wesley Disability Services set benchmarks for the industry and, overall, delivered consistent, high quality service. Ninety-two per cent of the families and carers Wesley Disability Services supports gave it an excellent, very good or good rating.

“This feedback is a credit to a team embracing Direct Support Professionals, Site Leads, managers, administrators and Wesley Mission’s Corporate Risk and Compliance Manager,” Mr Garner said.

The NDIS is a new government initiative and provides personalised support for people with permanent and significant disability, their families and carers.

“Disability can affect anyone—having appropriate and specific support makes a big difference,” Mr Garner said.



Wesley Disability Services supports individuals with a disability in reaching their goals and achieving their dreams.

Clients develop their own aspirations and goals for the program.

“Our programs support individuals in reaching their goals and achieving their dreams,” Mr Garner said. “However the total package and services is determined by NDIA assessments. We will be working with clients to develop a package offering real value which they can then choose to take up. We will walk alongside them every step of the way as they navigate this new system.”

## Your care, your way

Wesley Help at Home Services support you to live in your own home for as long as possible. Requiring assistance with household tasks or complex health conditions needn't prevent you from being independent and living at home. Our services are designed to help:

- enhance your physical, emotional, spiritual and social wellbeing
- support you in making and managing your own decisions about your health and daily living.

Visit [wesleymission.org.au/homecarepackages](http://wesleymission.org.au/homecarepackages) to find out more about the types of services we offer or call (02) 9641 7088.



# Help her face financial stress

28% of those under financial stress experience mental illness

Support Wesley Financial Counselling [wesleymission.org.au/donate](https://wesleymission.org.au/donate) ▶

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