

Join CityHeart...

- to grow and belong
- to find and be friends
- to share real hope with others
- 1pm every Tuesday, Wesley Church, 220 Pitt St, Sydney 2000.

It's not a gathering for 'religious' people. It's just regular, real people who have a lot of time for Jesus. You can attend every week or whenever you're available.



Church services near you

Newcastle and the Central Coast

C3 Church Central Coast

10am, Sundays
101 Manns Rd, Narara

Life Church

9.30am, Sundays
49 Hunter St, Newcastle

Hamilton Uniting Church

9.30am, Sundays
150 Beaumont St, Hamilton

Sydney

Wesley International Congregation – City

10am, Sundays
Wesley Theatre
220 Pitt St, Sydney

Wesley International Congregation – Ryde

10am, Sundays
Excelsia College
69–71 Waterloo Rd, Macquarie Park

Inspire Church

9am and 11am Sundays
1a Spire Court, Hoxton Park

Good Friday, 7 April 2023: Come along and watch a re-enactment of Jesus' journey to the cross and His final hours, at Wesley Mission's street theatre performance in Martin Place, Sydney CBD. A free event, we hope you can join us there at 1pm!

Wesley Mission welcomes prayer requests. If you would like us to pray for you, you can let us know of your request at <https://www.wesleymission.org.au/christian-life/congregations/prayer-request/>

“God is our refuge and strength, an ever-present” help in trouble. Therefore, we will not fear though the earth give way and the mountains fall into the heart of the sea, though its waters roar and foam and the mountains quake with their surging,”
Psalm 46:1–3.



Contact us

General enquiries 1800 770 602
Maintenance and repairs 1800 770 602

Wesley Community Housing
communityhousing@wesleymission.org.au
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

HOM83155_Z2024

April 2023

Knock knock

Wesley Community Housing

Sarah and Elizabeth's journey to a safe home

When Sarah* was pregnant with her daughter Elizabeth*, she first experienced heartbreaking abuse and violence from her husband – the very person they should have been able to rely on most for unconditional love and protection.

“When Elizabeth was a few weeks old and crying, her dad locked her up in a cupboard,” remembers Sarah.

“Another time when she cried, he threw her on the couch. He'd lock me in a room and told me I couldn't go comfort her.”

When they fled their home, Sarah felt utterly desolate and exhausted. She spent her nights shivering on the streets in the rain, hugging Elizabeth close to protect her from the weather as best she could.

“One time I cuddled my baby in a shop doorway all night,” Sarah reflects. “It was winter, and I was

freezing cold and drenched with the rain.” Feeling desperate and with nowhere to go, Sarah called her ex-husband to pick them up. But the abuse continued. Every time Sarah would flee with Elizabeth for days on end, the fear and lack of options always forced her back to the place where they at least had a roof over their heads.

Finally, when the marriage completely broke down and divorce proceedings were underway, Sarah sought advice from Legal Aid NSW and was referred to Wesley Mission.

Here they met Judith, Wesley Mission caseworker and for the first time, Sarah and Elizabeth's lives began to turn around.

Judith connected with Wesley Community Housing who provided a place for Sarah and Elizabeth to call home.

Along with Judith's support, Sarah has also been cared for by Liesa, Community Engagement Officer at Wesley Community Housing. Liesa would regularly visit to check-in on



Sarah and Elizabeth's wellbeing and pray with them.

“I remember a few times that she would come visit and I told her all those dreadful moments in my life that was happening to me,” Sarah explains. “She would hold my hands and pray with me. Those words that came out from her mouth – it was so beautiful. And slowly I started to believe that it will come true, that God will look after me.

“God brought beautiful people like Judith, like Liesa, to help me – to be able to let me stand on my feet, to work, to get my child anything that I can for her.

*Names and photos have been changed to protect privacy

In your community:
Community engagement



We want to know how we can build better communities.
Do you have ideas to connect with your neighbours? Can you see ways we can better assist you?
Let us know! Your feedback is important to us. To share your thoughts, call our Community Engagement team on **1800 770 602**.



Say "hello":
the languages of Wesley Community Housing



Australia is blessed to be a rich, diverse country of varied faiths, beliefs, and ethnicities.
At Wesley Community Housing, our team and tenants represent this diversity.
We should connect with each other regardless of our differences, and one of the simplest ways is to say "hello". You never know... Saying hello could be the start of a casual conversation or the beginning of a lifelong friendship.

Learn how to say hello in one of the many languages of our team and tenants:

Hola from Jorge!
(Spanish)

Om swastiastu from Cass!
(Balinese)

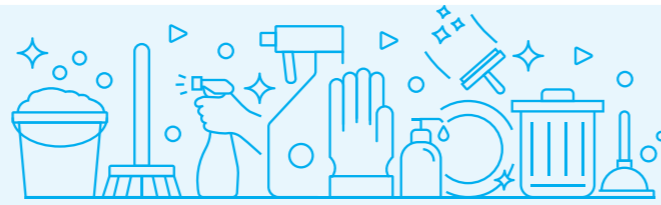
Yassou from Jess!
(Greek)

Hai from Darran!
(Malay)

- Arabic:** Asalaam alaikum
- Awabakal:** Wontakalowa
- Chinese:** Ni hao
- Dharug:** Worimi
- Fijian:** Bula

- Greek:** Yassou
- Hindi:** Namaste
- Indonesian (Bahasa):** Halo
- Italian:** Ciao
- Korean:** Anyoung haseyo

- Malay:** Helo
- Māori:** Kia ora
- Russian:** Zdravstvuyte
- Tongan:** Mālō e lelei
- Turkish:** Merhaba



Maintenance corner: What's been happening

You don't need to spend your money on harsh cleaning products – you can make your own instead! Check out these quick, easy and cheap recipes for DIY cleaning products:

- 1. All-purpose cleaner** | Best used for hard water stains and surface cleaning
 - Mix one-part white vinegar, one-part water, some lemon rind and rosemary sprigs.
 - Pour into a spray bottle, shake and let the mixture infuse for a few days before using.
 - Don't forget, if your property has one of our community gardens you can ask our Community Engagement team to plant a lemon tree or rosemary for you to use in the future!



- 2. Bathroom scrub** | Best used for tiles and sinks
 - In a bowl, mix a few tablespoons of dish soap with two teaspoons of lemon juice.
 - Add baking soda slowly until it creates a paste then apply.

You can use the paste with a scrubbing brush or let it sit overnight for tough stains.



- 3. No-fuss floor cleaner** | Best used for tile and vinyl floors
 - After sweeping, mix half a cup of cleaning vinegar with a few litres of warm water.
 - That's it! No strong smells or harsh chemicals.

Remember, wet mopping isn't recommended for wooden floors, but you can use this cleaner with a small cloth to remove spot stains.



How to report repairs and maintenance

To request repairs, contact Wesley Community Housing on **1800 770 602** or communityhousing@wesleymission.org.au
When you request repairs, we require the following information to complete the work order:

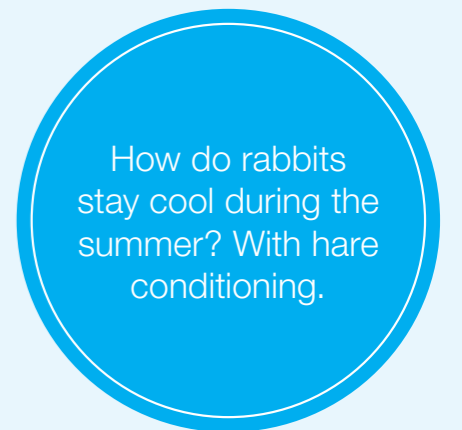
- name
- address
- phone number
- description of the issue and location, and if the issue has been previously reported
- convenient times a tradesperson can access your property to assess and complete the work.

Maintenance corner: continued

When repairs are required, you will need to allow access to your home by Wesley Community Housing staff or a contracted tradesperson between 8 am and 5 pm to ensure the repairs can be done as soon as possible.

If you are not able to be home to provide access, Wesley Community Housing staff will need to access your home so that they can complete the repairs. If this is necessary, we will let you know

If calling out of hours, please listen to the voicemail and call or text the mobile number listed.



How do rabbits stay cool during the summer? With hare conditioning.



Chaplain's update: A message from Sam

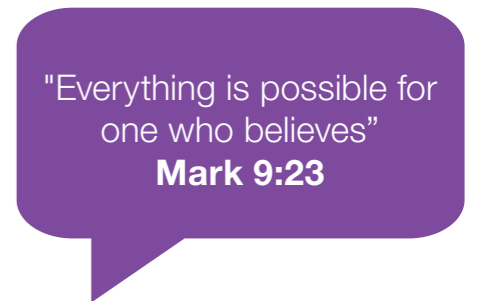
Have you ever felt 'out of your depth'? Maybe you've tried to swim at the beach and suddenly felt the current take you out? Maybe it feels you've dug yourself into a hole too deep? Maybe you've reached a point where your options seem slim or non-existent?

We all feel this way at times, and in those moments, we might feel there's no one to turn to. In the Bible, we read about a father who has run out of options. His son is sick and possessed, and he's tried everything to find a cure. The father even turns to the disciples of Jesus, but they can't help either. In desperation, he simply turns to Jesus. Jesus tells him that "Everything is possible for one who believes" Mark 9:23. The father is a little sceptical at such a big claim, especially when no one has been able to help so far. So, in his deep honesty, he says to Jesus "I do believe; help me overcome my unbelief" Mark 9:24. Let me encourage you to call out in total honesty to Jesus. The impossible is possible for him. He even defeated the impossible enemy of sin and death on the cross. This might be hard to believe.

Even as a chaplain, I'll confess that I have my moments of wavering faith. But I find comfort that we can come to Jesus and say, "I do believe, but please help me overcome my unbelief". In my dark moments of doubt, this is the prayer that lifts me. May you pray this prayer and watch Jesus strengthen your faith as he answers this honest, raw and powerful prayer.

Doubt isn't the opposite of faith. Unbelief is the opposite of faith.

Do you know Sam and Wesley Mission Chaplains regularly attend our events? If you'd like to speak to a Wesley Mission Chaplain, let our team know on 1800 770 602.



"Everything is possible for one who believes"
Mark 9:23



Upcoming dates of significance



Good Friday: 7 April

This is the day Jesus made the ultimate sacrifice for our sins and was crucified.

“For what I received I passed on to you as of first importance; that Christ died for our sins according to the Scriptures, that He was buried, that He was raised on the third day according to the Scriptures” 1 Corinthians 15:3–4.

Easter Sunday: 9 April

This is the day we celebrate the resurrection of Jesus Christ.

ANZAC Day: 25 April

This day marks the first major military action fought by the Australian and New Zealand forces during World War I. The ANZACs landed on Gallipoli on 25 April 1915.

Want to attend a local ANZAC Day event? Call 1800 VETERAN (1800 838 372) for more information.

National Sorry Day: 26 May

Sorry Day acknowledges and remembers Stolen Generation survivors who were forcibly removed from their families and communities. It recognises that Australia must acknowledge its mistreatment of our First Nations people in order to have reconciliation.

National Reconciliation Week: 27 May – 3 June

National Reconciliation Week is a time to learn about the rich histories, cultures and achievements of Aboriginal and Torres Strait Islanders. It commemorates the 1967 referendum and the Mabo Decision.

This year’s theme is ‘Be a Voice for Generations’ and encourages everyone to step up and fight for reconciliation in our everyday lives.

Meet John from Missional Communities

Wesley Community Housing works alongside many other internal and external partners. One of our newest Wesley Mission partners is the Missional Communities team. Together, we’ll work to create vibrant, connected communities and we’ll be joined by John...

“Hi, my name is John Lewis and I’m the newest member of the Missional Communities team. I’m based in the Hunter Valley working with communities in Hamilton South and Windale. I’ve worked in faith-based and community development roles for the last 20 years (nearly all my working life) and I still really enjoy meeting and working with people.

Having grown up in and around social housing myself, I know something about the difference a strong and healthy community can make to the lives of everyone in it. In my work, I’m most energised by seeing communities taking ownership of their own development and improvement. I’m excited to already see glimpses of that up here in the Hunter and look forward to seeing it grow.

On a personal note, I’ve lived in Newcastle for about 18 years and enjoy raising my family here. I enjoy (poorly) playing and (enthusiastically) watching soccer and getting out in nature. It’s a real pleasure to join the Missional Communities team and, working alongside the Wesley Community Housing team, I look forward to seeing what we can achieve together.

