



If undeliverable return to
Emmanuel Centre
A SELF HELP CENTRE
for People with Disabilities
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EMMANUEL NEWS
October 2011

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AUSTRALIA

COMING EVENTS AS WE GO TO PRESS (Check before coming could be changed.) **Look inside for more info.)**

- Monday 31st October "Challenges" 9.30-10.30am Emmanuel Centre
"Wii Fit" with Michele 11-12.30 noon
- Tuesday 1st November "Painting with Geoff" 9.30-10.30am Emmanuel Centre
Melbourne Cup luncheon. Please bring a plate of finger food 11-1.30pm
- Wednesday 2nd November "Conversational Sign Language" 1-2.30pm Emmanuel Centre
- Saturday 5th November "Mass at St Denis" (Interpreter) 6.30pm St Denis Church –
Followed by meeting of Deaf Community and development of signs for new Mass text
- Monday 7th November "Challenges" 9.30-10.30am Emmanuel Centre
"Wii Fit" with Michele 11-12.30 noon
- Tuesday 8th November "Painting with Geoff" 9.30-10.30am Emmanuel Centre
"Craft with Shirley" 11-1.30pm
- Wednesday 9th November "Conversational Sign Language" 1-2.30pm Emmanuel Centre
- Thursday 10th November "Auslan Cafè" 10-12pm at Emmanuel Centre
- Saturday 12th November "Mass at St Denis" (Interpreter) 6.30pm St Denis Church
- Monday 14th November "Challenges" 9.30-10.30am Emmanuel Centre
Visit by students from St Brigid's Lesmurdie (Mercy Care)
"Wii Fit" with Michele 11-12.30 noon
- Tuesday 15th November "Painting with Geoff" 9.30-10.30am Emmanuel Centre
"Craft with Shirley" 11-1.30pm
- Wednesday 16th November "Conversational Sign Language" 1-2.30pm Emmanuel Centre
- Saturday 19th November "Mass at St Denis" (Interpreter) 6.30pm St Denis Church including
Commissioning Mass for Ministers of the Eucharist and of the Word
- Monday 21st November "Challenges" 9.30-10.30am Emmanuel Centre
"Wii Fit" with Michele 11-12.30 noon
- Tuesday 22nd November "Painting with Geoff" 9.30-10.30am Emmanuel Centre
"Scrapbooking" with Edith
Lunch Fr Paul's birthday
Advent Program Week 1, St Denis Interpreter available 7pm
- Wednesday 23rd November "Conversational Sign Language" 1-2.30pm Emmanuel Centre
- Monday 28th November "Challenges" 9.30-10.30am Emmanuel Centre
"Wii Fit" with Michele 11-12.30 noon
- Tuesday 29th November "Painting with Geoff" 9.30-10.30am Emmanuel Centre
"Craft with Shirley" 11-1.30pm
Advent Program Week 2 St Denis Interpreter available 7pm
- Wednesday 30th November "Conversational Sign Language" 1-2.30pm Emmanuel Centre
- Saturday 3rd November "Mass at St Denis" (Interpreter) 6.30pm St Denis Church
- Sunday 4th December 30th Anniversary Emmanuel Mass and BBQ 4pm at Emmanuel Please bring plate of finger food to share**
- Tuesday 6th December **Advent Program Week 3 St Denis Interpreter available 7pm**
- Wednesday 7th December "Conversational Sign Language" 1-2.30pm Emmanuel Centre
- Saturday 10th December Catholic Mental Health Network Meeting 9.30am – 11.30am at Emmanuel Centre
- Saturday 10th November "Mass at St Denis" (Interpreter) 6.30pm St Denis Church
- Wednesday 14th December "Conversational Sign Language" 1-2.30pm Emmanuel Centre
- Thursday 15th December "Auslan Cafè" 10-12pm at Emmanuel Centre
- Saturday 17th December "Mass at St Denis" (Interpreter) 6.30pm St Denis Church
- Sunday 18th December **Christmas Meal & Christmas Carols at St Denis 7pm please bring a plate to share**
- Saturday 24th December **"Christmas play and Mass at St Denis" (Interpreter) 6.00pm St Denis Church**

The common factor in any changes that affects me ... is me!

Do you like change or are you like me? I know that change is occurring constantly! Sometimes it's big; sometimes, small. Sometimes it's global; sometimes, local. It may can be personal. It can be to do with my health, the family, the church, my work, the environment ... or a combination of a number of these.

This means that I, like everyone, is dealing with change continually, whether consciously or not. My dealings may be direct or by default; reactive or proactive. Regardless, change is going to occur whether I engage with it or not. I don't choose whether change occurs or not (although I might influence the nature of that change) ... only how I respond to it!

The common factor in any changes that affects me ... is me!

I always have a choice as to how I respond to changes - positively or negatively; constructively or destructively; enthusiastically or defensively. I can choose how I behave - helpless or powerful. This is not to suggest that I can control any change - only that I can, to a greater or lesser degree depending upon the situation, deal with the change. I can pre-empt change in a direction I consider useful, or embrace changes I already perceive as positive. I can simply live my life and adapt to change as I go (... that is, by default). I can react against changes with which I disagree. Most of us have a mixture of these responses in different situations, at different times. How I respond will significantly affect the level of influence I have in change and its implementation.

Emily Perl Kingsley shares some wonderful insights into the way we deal with change. She says,

"I am often asked to describe the experience of raising a child with a disability - to try to help people who have not shared that unique experience to understand it, to imagine how it would feel. It's like this....."

"When you're going to have a baby, it's like planning a fabulous vacation e.g. trip - to Italy. You buy a bunch of guide books and make your wonderful plans - the Coliseum. The Michelangelo David, the gondolas in Venice. You may learn some handy phrases in Italian. It's all very exciting. After months of eager anticipation, the day finally arrives. You pack your bags and off you go. Several hours later, the plane lands. The stewardess comes in and says, "Welcome to Holland."

"Holland?!?" you say. "What do you mean Holland?? I signed up for Italy! I'm supposed to be in Italy. All my life I've dreamed of going to Italy."

But there's been a change in the flight plan. They've landed in Holland and there you must stay.

The important thing is that they haven't taken you to a horrible, disgusting, filthy place, full of pestilence, famine and disease. It's just a different place.

So you must go out and buy new guide books. And you must learn a whole new language. And you will meet a whole new group of people you would never have met. It's just a different place. It's slower-paced than Italy, less flashy than Italy. But after you've been there for a while and you catch your breath, you look around.... and you begin to notice that Holland has windmills....and Holland has tulips. Holland even has Rembrandts.

But everyone you know is busy coming and going from Italy... and they're all bragging about what a wonderful time they had there. And for the rest of your life, you will say "Yes, that's where I was supposed to go. That's what I had planned."

But... if you spend your life mourning the fact that you didn't get to Italy, you may never be free to enjoy the very special, the very lovely things ... about Holland

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Barbara Harris

NDIS SUPPORT AROUND THE PARISHES



Displays were supported by live presentations as parishioners shared their first hand experience of the present system dealing with disability. Parishioners were offered a postage-paid post card to register themselves individually as well as sign up sheets with room for 36 names to encourage their families, friends and workmates to join the campaign. Some common remarks heard after the Masses were, "I never realised how unfair is the present system" or "Hearing and seeing a parishioner sharing their story changed statistics into flesh and blood", and "Count me in."



The Every Australia Counts campaign, run by the National Disability & Carers Alliance, is getting the message out. Parishes have readily climbed on board to make sure that all Australians with a disability receive the kind of support and care they need wherever they are in this country and whatever their disability.

A National Disability Insurance Scheme would provide people with a disability and their families and carers with the regular care, support, therapy and equipment they need. It would be fair, efficient and effective. It would focus on early intervention and delivering those supports which produce the best long term outcomes. It would be individualised and person-centred. Support would be based on the choices of the person with a disability and their family. The scheme would reframe support as investment rather than charity. And all Australians would benefit from this scheme because disability can affect anyone, anytime.



Count me in
www.everyaustraliancounts.com.au

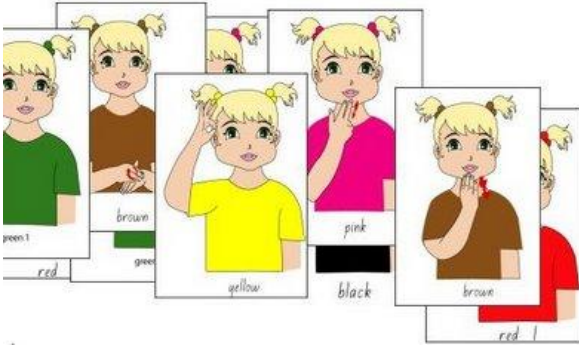
Every Australian Counts

NDIS | Revolutionising disability services



Auslan Café

Auslan Sign Colour cards



Do you have an interest in learning Australian Deaf Sign Language?

Do you have any queries about deafness?
"Now Christ's body is yourselves, each of you with a part to play in the whole"
(1 Corinthians 12:27)

Come along to **Emmanuel Centre**, 25 Windsor St, **PERTH** (Next door to St Francis Xavier Church).

Easy access from East Perth Train Station on the Midland Train Line, or there are several buses that run on Lord Street 42, 48 or 55

THURSDAY - 10 – 12 noon

Morning Tea provided.

For further information
contact Susan or Fr Paul at Emmanuel Centre
ph/tty 9328 9571 or 9328 8113
email EmmanuelCentre@westnet.com.au
sms 0401 016 399



EVEN FOR A DEAF PERSON WHO CAN LIPREAD VERY WELL, IT'S STILL A LOT OF GUESSWORK TO FIGURE OUT WHAT ONE WAS SAYING...

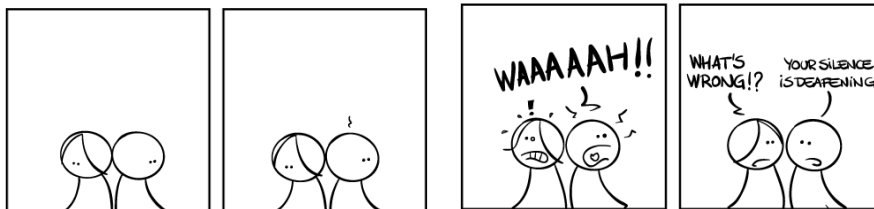
Come and learn a new skill, Or discover something new about yourself. Come to Auslan Café!

The Auslan Café sessions are an opportunity for anyone seeking information about deafness. The sessions are fun and casual. You can learn some Auslan if this is what you are interested in. We also encourage people who are interested in becoming a sign language interpreter within their local parish, to come along.

Along with basic Auslan skills, the sessions also provide the opportunity for awareness of issues related to deafness, such as communication and technology, or other issues - such as how to access relevant services.

The activities are run by volunteers associated with the Emmanuel Centre who either have Auslan as their first language, or those who have long-term experience in working with people

who are Deaf / hard of hearing.



Ten tips for coping with change

1. Recognise the emotions you have are in response to change.

Fear, anxiety, frustration, despair, anger and excitement; all are emotions associated with change. It is OK to feel some, or all, and many other emotions besides when it comes to change. What we must do is recognise it is the change that is causing these emotions, not other people.

2. Understand what change is happening.

Sounds simple, does it not? How many times though have we and others subject to



change responded when we have known only half the story? Sometimes it suits us to only know half the story. It can legitimise our sense of injustice and feed our expression of righteous indignation. We don't often get to feel like we do when we are in full flow, railing against a change which has been imposed against us "unfairly". It is much better to gather information; as much as we can get from different sources. Then we can verify fact from opinion, truth from rumour. Only when we really understand the change can we start to control our response to change.

3. Reflect on other change you have gone through.

If we do accurately know what the change entails and we are still afraid or angry or otherwise upset about the possible outcomes, then it pays us to reflect on previous change. Did I find a way though it? Was it ever as bad as it seemed at the time? And if it was did I find a way with my friends and family to move on? The answers to those questions always give me some confidence there will be a way of getting through the change, even though it may be painful now.

4. Determine what change you want to happen.

When change is thrust upon you there is not the time you have for yourself, compared with change you have planned yourself. However, the principles of planning for change are still valid. Get over the initial shock and make sure you understand what the change is about. What do you want out of this change (the real change, not the rumours)? What is your goal? It is your choice.

5. Find a mentor.

Sometimes it helps to have a mentor. A mentor is someone you trust to give reasoned advice, or more appropriately, to challenge your rationale for doing things by asking penetrating open questions. They will also have a way of asking defining closed questions to get you to commit to an action.

6. Recognise your choices.

When change is thrust upon us there is much we cannot control. Or so it appears at first glance. What can we do? There is a myriad of choices which are under our control. One important one is to change yourself. Treat the change as an adventure.

7. Plan small steps to change in your preferred direction.

Once you know what you really can do in response to change which has been imposed upon you, plan your next steps. If you are not used to change, plan in small steps for a short time ahead..

8. If at first you do not succeed....

If your plan of many small steps hits that bump in the road, don't despair. If you find your frustration, anger, despair all mounting up it is one small setback amongst a wide range of activities you are undertaking. Regroup and replan and try again. Recognise the feelings you are having and where they are coming from.

9. Celebrate small wins.

Take time to celebrate your wins as you change yourself in response to the imposed change. Look back at where you came from occasionally to see how much progress you have made from the initial shock, denial and then emotional turmoil that had awaited you if you did not take control.

10. Build your skills.

Last but not least, build your skills. Never stop learning. By continuously learning, two things occur. You have a greater array of options when change is imposed. Your skill base is deeper or wider and your network is broader. You become much more used to change. You become more resilient to change in much the same way as a vaccine prepares your body's defences against viral attack in the future.

New translation of Missal drives need for new signing

By ROBERT HINI

LEANNE Potter looks quizzical for a moment. It's her week to sign for deaf and hearing impaired Catholics at St Denis, Joondanna and she's hit a word she doesn't know. Fr Paul Pitzen is giving the homily and explaining the reasoning behind the soon-to-be implemented new words at Mass.

The problematic word is contained in the phrase "this is the chalice of my blood" which, from 27 November, will replace "this is the cup of my blood."

No wonder Leanne is stumped. There is no such word as "chalice" in Australian Sign Language, or AUSLAN, a language all of its own, with its own grammar and syntax. Deaf and hearing impaired Catholics in Perth are going to change that; in fact, they have already started.

Leanne looks to her left where Barbara Harris of the Emmanuel Centre is sitting and Barbara shows her the sign for "chalice" that has only recently been devised. "Chalice" reflects the reality that Christ's cup is a shared one, Fr Paul says, and that's what the new sign reflects. Just like "cup", it's a closed right hand fist on a flat left-hand base, except that both are rotated together in a circle, to show the

sharing of Christ's blood. As far as Barbara knows, they are the only group in the country who are devising the new translation, and they're sharing their learning with the rest of the parish.

Parish priest Fr Peter Porteous saw how the deaf community was educating itself about the meaning of the Mass as expressed in the new translation back in April.

Deaf and hearing impaired people shouldn't miss out on the extra and more nuanced meaning.

"It was marvellous and I thought, I want this for the whole parish," Fr Porteous said. What followed was a series of workshops on the new translation which have been running since June; for the entire parish, the parish council, eucharistic ministers and, on 15 October, for lecturers. Display boards showing the course of salvation history and models of the temple have been on display in the parish foyer for over six months, with explanations of the changes featuring in

almost every parish bulletin. Both Fr Porteous and Barbara agree, in trying to understand the changes you have to go back to the meaning behind the words.

"When you are doing sign you have to understand the linguistic and theological background," Barbara says. The course they devised shows salvation history from creation to tabernacle, tabernacle to synagogue and synagogue to Mass, as it is today.

"The penny sort of drops with people and they realise, well, we're not just starting something new," Barbara says.

As we cover salvation history people haven't got hung up about the changes of the words."

As a matter of justice, she says, deaf and hearing impaired people shouldn't miss out on the extra and more nuanced meaning of the new translation.

Deaf and hearing impaired parishioners meet once a month at St Denis's and are currently looking at the different signs used in Catholic liturgy from throughout Australia.

From there, they will continue to devise new signs that bring the new translation to life.

The parish plans to hold a final formation session for anyone who missed out on the earlier ones at a date yet to be announced.



Leanne Potter, of St Denis, Joondanna, learns and then teaches the new sign for 'chalice' for the hearing impaired.

Photo: R Hini

FAITH CENTRE FOR PERTH

Fr Robert Cross shares with us about the new "Faith Centre"

"When putting in place the infrastructure for Archbishop Hickey's new evangelisation initiative called *The Faith Centre*, we were being advised by Barbara Harris about catering for the needs of people with disabilities. We made sure we had a lift for those who could not manage stairs, a toilet for people with disabilities, an induction loop in the seminar room for people who are Hard of Hearing and met other building codes requirements for access for people with disabilities.

At one of our meetings, Barbara congratulated us on the provisions made for people with disabilities. Puffing up with pride and basking in her congratulations, I was suddenly brought down to earth with her "but", "but why isn't the video produced by *The Faith Centre* captioned and why isn't there Auslan on the video?" Auslan means "Australian Sign Language"

Now I felt deflated. I told Barbara that we had tried our best to cater for people with disabilities and at great cost. What more did she expect of us? Begrudgingly, I listened to what she had to say. Later I thought to myself, I have a disability, too, namely, coeliac disease, and I get so annoyed at the lack of consideration given to my dietary requirements by priests and other Church people when there is an afternoon tea or a meal is served after a Church function. Almost without exception, there is nothing I am able to eat and if there is, it is not labelled, "Gluten Free". To my embarrassment, I have to inquire, "Is there anything gluten-free here that I can eat?" Don't get me started on the almost total failure of parishes to cater for coeliacs by providing "low gluten bread" for Holy Communion.

So thinking better of it, I invited Barbara to come down for our next video shoot of the Archbishop so that she could do the Auslan for us. We also captioned the video. Ironically, I found that the extra effort required in captioning the video had an unforeseen benefit, namely, I could now place the video on our advertising screen in the front foyer of *The Faith Centre*. People walking along Hay Street can now watch the videos through the front window of *The Faith Centre*. So the "deafness" presented by a video playing inside a shop window whose sound cannot be heard has been overcome by captioning. A "win-win" outcome for everyone.



**CONVERSATIONAL
AUSLAN WITH GEOFF
WEDNESDAYS
DURING
SCHOOL TERM**



**FROM 1-2.30pm
At Emmanuel Centre. All Welcome**



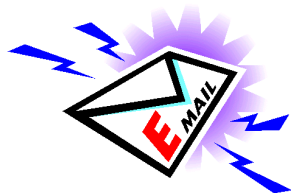
**COME ALONG ON
TUESDAYS**
Join in the fun with Shirley.
Create something out of
"nothing."
11.00am Tuesday 13th Sept
11.00am Tuesday 20th Sept
At Emmanuel Centre.
All Welcome



**NEED OR LOOKING FOR
CATHOLIC MENTAL HEALTH
SUPPORT AND WELLBEING**

Contact Ann 9291 6670 or Barbara 9328 8113.

Emmanuel



If you want your newsletter delivered by EMAIL, please let us know. Why would you want to do that? You will get the newsletter **QUICKER** and in **COLOUR**. You can print out copies of articles you want to share. AND you will save us paper and postage.



How Much Does A Prayer Weigh?

Louise Redden, a poorly dressed lady with a look of defeat on her face, walked into a grocery store. She approached the owner of the store in a most humble manner and asked if he would let her charge a few groceries. She softly explained that her husband was very ill and unable to work, they had seven children and they needed food. John Longhouse, the grocer, scoffed at her and requested that she leave his store. Visualizing the family needs, she said: "lease, sir! I will bring you the money just as soon as I can." John told her he could not give her credit, as she did not have a charge account at his store. Standing beside the counter was a customer who overheard the conversation between the two. The customer walked forward and told the grocery man that he would stand good for whatever she needed for her family.

The grocery man said in a very reluctant voice, "Do you have a grocery list?"

Louise replied "Yes sir" "O.K." he said, put your grocery list on the scales and whatever your grocery list weighs, I will give you that amount in groceries."

Louise, hesitated a moment with a bowed head, then she reached into her purse and took out a piece of paper and scribbled something on it. She then laid the piece of paper on the scale carefully with her head still bowed. The eyes of the grocery man and the customer showed amazement when the scales with her list stayed down.

The grocery man staring at the scales, turned slowly to the customer and said begrudgingly, "I can't believe it." The customer smiled and the grocery man started putting the groceries on the other side of the scales. The scale did not balance so he continued to put more and more groceries on them until the scales would hold no more. The grocery man stood there in utter disgust.

Finally, he grabbed the piece of paper from the scales and looked at it with greater amazement. It was not a grocery list, it was a prayer which said: "Dear Lord, you know my needs and I am leaving this in your hands."

The grocery man gave her the groceries that he had gathered and placed on the scales and stood in stunned silence. Louise thanked him and left the store. The customer handed a fifty-dollar bill to John as he said, "It was worth every cent of it."

It was sometime later that John Longhouse discovered the scales were broken; therefore, only God knows how much a prayer weighs.