

Mothers' Union Newsletter

May 2020

Catching up...

Although we have not been able to meet for the last couple of months, I am pleased to report that via telephone, email and snail mail we have been able to keep in touch. Occasionally we have seen each other face to face at the shopping centre or whilst out walking for exercise or on a ZOOM service. Thank you to each and every one of you for caring for each other. This VIRUS will not last for ever and hopefully we will be able to meet together as a group. In the freezer in my garage I am looking after the Simnel cakes which Phoebe made for Mothering Sunday. I hope we can turn these into celebration cakes, very soon. I trust that you are all remaining in good health and good spirits, love and peace, Irene

Health news: Margaret Noblett is back at home at Cumberland View, but Bill is still in rehabilitation. Pray for them as they rarely have been separated. Margaret Tingate is recovering well from her recent medical procedure and I have also had two small operations to remove skin cancers. Phoebe is awaiting an appointment for heart surgery. Please pray for her and Alf at what must be an anxious time for them both. Best wishes also to Rev Greg who has recovered from the ordinary variety of the 'flu.

Membership matters:

Marg Tingate, our treasurer reports that about a dozen members have yet to pay their annual membership of \$45. This money doesn't go to the branch but supports the work of Mothers' Union in the Diocese e.g.: producing *Mia Mia*, preparing the *Lady Day* service etc. Collecting money at this time is difficult, so if you have yet to pay your \$45 here are two ways you can do it.

- Send a cheque for \$45 made out to "**St. Stephen's & St. Mary's Mothers Union**" to Marg Tingate (her address is on the MU Contacts list)
- Pay the money into the MU bank account at the Westpac Branch at Mt. Waverley. If you do this online, by internet banking, use these details **BSB 033-112, Account number 276 504. Please include your Surname so Marg knows who sent the money.**



You could use the same numbers if you prefer to go to the bank and have someone there to help you. Please ring Marg on her mobile number (see contact list) if you need help.

Meetings:

Our May MU meeting would have been about *Aging Well and Wisely*. Marg Taylor who has already attended a seminar conducted by Diana Cerini, has reported on her talk. This topic is really challenging for people of our age, so I hope you read the attached report carefully. Don't put off doing those things you need to do to prepare yourself and your family for the future! I have recently re-written my will and intend putting together some ideas for my funeral. Certainly, I want my favourite hymns sung! I know many of us have been doing some sorting and cleaning up. Do remember that we will be staffing the Op Shop from October 5th-9th so you might like to save saleable items for then.

Our June meeting *the Joint Journey to Jerusalem* would have been both our birthday celebration and annual fund raiser for the project *Parenting in PNG* that we choose to support. At this time, it is hard to imagine us meeting together in June, but the next 4-6 weeks could be a time when restrictions are lifted. Ros Smith who was one of the three Christian women on this very challenging journey will be reporting in our next issue





Belated April Birthday Greetings to...

Marg Taylor, Elizabeth Woods, Corry Leaver, Ros Sahar and Pam Knight who have all celebrated their birthdays during April. All of them are 21, and some months old!

If you also celebrated your birthday in April or in May and your name is not in the MU Birthday book, please let Norma Schultz know. You do not need to indicate the year, just the date. Our May birthdays are: Pat Crossley and Celia Gant.

Happy birthday to you all.

What have you been doing during the lockdown?

Pam Knight has spent time sorting and culling a huge collection of recipes collected over many years, then arranging them in an accessible book.

Corry Leaver has made face masks for the Alfred Hospital together with other volunteer teachers at *Dream Stitches*. Recently we handed over 700 masks which is a magnificent effort.

Ros Sahar is making scrubs for her daughter who is a nurse.

I have been baking cakes and have 4 extra kilos to prove it! I found a recipe for a biblical cake which is included below in the activities section.

What have you been doing? Perhaps you would like to share your activities with us?

Activities to fill in your time ...

1 Easter Trivia Quiz. This is attached to your MU email.

This quiz tests how good your memory is of the Easter Events. Read the questions carefully and if you are unsure of the answer, check the Bible references. If you get all the correct answers you could treat yourself to something sweet.

2 Recipe for a Bible Cake.

This uses ingredients mentioned in the Bible, except one. It makes a large fruit type cake in a 23cm X 33cm tray bake tin and is probably enough for large families. It is dry but quite tasty and keeps well. It can be frozen.

4 ½ cups of plain flour (1Kings 4:22)

1 cup of milk (Judges 5: 25)

2 cups of sugar (Jeremiah 6:20)

2cups raisins (1 Samuel 30:11)

2 cups of figs (fresh or dried) chopped (Nahum3:12)

2 cups of almonds chopped (Numbers 17:8)

2teaspoons of Honey (1Samuel 14:25)

½ teaspoon salt (Leviticus 2:13)

2 teaspoons baking soda

Pre-heat oven to 175°C, Grease and flour 23cmX33cm cake tin.

In a large bowl, combine flour, milk, figs, raisins, almonds, honey, salt and baking soda. Mix thoroughly. Pour into prepared tin and bake for 40mins, until edges pull away from the sides.



AGEING WELL, AGEING WISELY, OR WHAT ARE THE THINGS I SHOULD DO NOW?

prepared by Marg Taylor

This is the title of a talk I attended last year at St John's Uniting given by Di Cerini. I was so impressed by the way she handled the delicate subject of 'end of life' that I thought she would be an excellent speaker for MU and the wider parish. Di currently works as a Client Advisor for Uniting Agewell at Strathdon Community, Forest Hill. However, she has worked in the aged care sector for 29 years. Unfortunately, we cannot hear Di until things change re our Covid 19 restrictions, so here are a few of her key messages taken directly from her handout...

Things you need to do NOW

Spend an hour a day on your physical fitness

Spend an hour a day on your mental fitness.

Spend an hour a day on your emotional, social and spiritual fitness.

Update your Will and review it regularly.

Appoint Enduring Financial and Medical Powers of Attorney and review regularly.

Create an Advanced Directive (aka Statement of Wishes or Living Will). This should be signed, and a copy given to all family members or person/s you wish to act on your behalf if necessary. A copy should also be given to your GP.

Create a notebook of all your personal and financial details e.g. Bank accounts, investments, insurance policies, pensions, driver's licence, subscriptions and membership of any organisations, and any people that would need to be contacted if you die or become incapacitated, Place these in an easily located position. Update regularly and before going on holiday.

Collate all important documents and family records and store in a place where they can be easily located. Inform a trusted member of your family or friend where they can be found if needed.

Make sure all members of your immediate family know what your future wishes are, including where you want to be placed if you need residential care, funeral and burial arrangements.

Create a 'Life Story Book'.

Clean out your cupboards, sheds, garage etc do your family/friends are not left with weeks of work because you never got around to it. 'If in doubt throw it out!'

Be realistic and plan your future. If still in the family home, think about downsizing and moving while you are still in control.

Explore relevant community services in your area and take advantage of them as and when necessary.

Di brought along a bright red satchel which she called her Grab Bag in which she kept all her important papers etc – much like what you would need if your home was threatened by a fire. She suggested we do similar. Another tip I picked up was to include your Christmas card list as this could be used to let friends know if you die.