



Effective Living Centre

May 2010



Have your imagination stirred...

Mark Burrows set to return

The name Mark Burrows is synonymous with the unfolding story that is the Effective Living Centre. His visits in 2002 and 2005 offered a richness of thought and experience with many enduring spin-offs, most notably the beginnings of the highly regarded Poets' Corner.

Mark returns at the beginning of July for a week-long program *Minding the Spirit*. His emphasis will be on the interplay between mind and heart in matters of spirituality. In his own words, "Like art, faith invites us into an enlarging vision that has the power to lift us from mere existence into the beauty of a more vibrant life."

In a largely non-reflective, 'join the dots' culture, where imagination is by-passed in great haste, Mark's masterly input will inspire, nurture and challenge. It will grapple with pressing human realities in need of further consideration and change. Come and join us on the journey!

On 5 July, at Poets' Corner, Mark asks, "What are poets for?" He follows this theme on 9 July, posing another question, "Can Poetry Save Us?" There will be a 'Reflection Day' on 8 July titled *Like Those Who Dream*. Mark will be joined by Trish Watts, ELC's 2009 Artist in Residence, to explore the artistry of leadership and how creativity calls us to lives of risk and hope. Mark and Trish will lead a second day-long session on 10 July titled *Discovering the Unfinished God* which will be a contemplative day retreat engaging the spiritual poetry of Rainer Marie Rilke.

Mark is a graduate of Princeton University and on the faculty of Andover Newton Theological School. A poet and scholar, Mark's passion lies in a poetic rendering of the Christian faith, one attentive to creativity and tradition.

Full details of all sessions are available from the ELC office and on our web site. Bookings are essential.



Michael Kirby's Dream

An outstanding Wilks oration

A sell-out crowd filled ELC for the annual *Wilks Oration* on 7 May for an inspirational address. Justice Michael Kirby's dream is for the federal government to adopt a charter of rights by the time Australians celebrate the one hundredth anniversary of the Gallipoli campaign in 2014. "Let's remember those who died at Gallipoli by celebrating the rights of all Australians to share in the bounty of this country," he said.

Both a dvd and a cd of Justice Kirby's oration are available from ELC.

Coming Events

Details of events given elsewhere in newsletter

Monday 24 May: Poets' Corner with Ann Nadge

Wednesday 26 May: Parenting; *Talk so your kids will listen, and listen so they will talk*

Wednesday 2 June: Parenting; *Supporting creative families*

Wednesday 9 June: Parenting; *Building a strong sense of self*

Monday to Sunday 5 to 11 July: Mark Burrows week

23 July: PCNet with Geoff Boyce

Wednesday 27 July: Parenting; *Peer Pressure*

Wednesday 3 August: Parenting; *Talk so your teen will listen, listen so they will talk*

Wednesday 10 August: Parenting; *I can't do everything*

Wednesday 17 August: Parenting; *Managing anger in children*

Wednesday 24 August: Parenting; *Up and Down, managing emotions*



Poets' Corner

The **Poets' Corner** anthology will be published in time for Christmas. Editors Russ Talbot, Jude Aquilina and John Pfitzner would like more. Email poems in any form and on any subject to johnpfitzner@bigpond.com.

The next meeting is on Monday 24 May at 7:30pm. with Ann Nadge as guest poet. The one after that is a special one with Mark Burrows on 5 July.

With each newsletter we include the work of one of our poets. Mary Taylor is one of our founding members and remembers a special childhood event:

Why Red?

And it was red – my first
bought dress at age eleven.
A colour never worn before – or since
but then a choice of daring boldness.

Tough they were, those post-war days
and I the youngest of three sisters,
most clothes were hand-me-downs
or cleverly cut from larger sizes
to fit my shapeless, lanky frame.
Steely seamstress great Aunt Lil
needle-sharp eyes and scissor-sharp tongue
I hear her dogged determination now.
“We’ll *make* it fit” and fit it did.

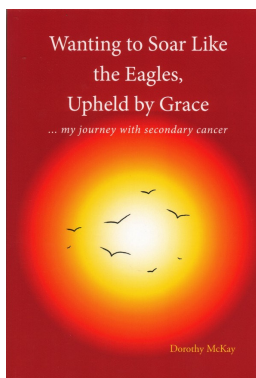
But best of all, my first
bought dress at age eleven.
And it was red. Why red?
It shouted out to all the world
I’m here! Look at me! I’m beautiful!
A sometimes silent, shy, self-conscious girl
emboldened, faced the future, smiling.

Positive Parenting in 2010

Positive Parenting programs have a very proud history at ELC stretching back over 12 years and are supported by the Unley City Council.

In the first part of the year programs were aimed at parents of younger children. The third term program, beginning on Tuesday 27 July is aimed at parents with teenagers and covers several difficult issues. They include resisting peer pressure, the challenging issue of communicating with teenagers, managing anger and managing emotions. Jodie Benvensite, director of Parent Wellbeing, author of four books, the mother of two young children and a lecturer at Adelaide University, will address the topic ‘I can’t do everything.’ She understands the overwhelming and competing demands of work, home and family and, she will provide interesting insight into experiencing wellbeing in everything you do rather than searching for the ever elusive ‘me-time’. Check the front page of this Newsletter for dates for each of these most interesting evenings.

Poems and prayers from the heart



Dorothy McKay is courageously living with secondary cancer. It has been a long and difficult experience yet correspondingly, she has grown deeply in soul and spirit. Dorothy has published a collection of original poems; *Wanting to Soar Like the Eagles,*

Upheld by Grace. Akin to a conversation with the reader, it is a remarkably honest accessible offering of feeling, prayer and lived experience. Dorothy’s simple hope is that the poems will help provide others living with life-threatening cancer with someone to ‘talk’ with on the journey:

ELC’s admiration and deep belief in Dorothy’s collection moved us to order a reprint. They are available at the ELC office for \$15 (postage \$5). They are selling fast!

One poem from the collection:

Sometimes I can only survive by managing to cope a day at a time, an hour at a time, a minute at a time.	Sometimes that is all I can do. This moment is all that any of us have. In this moment I am alright.
---	---

Where Words Take Us

On Wednesday night, April 28, a Poets' Corner event called "Where Words Take Us", by story-teller Dennis Wild & poet Peter Bakowski inspired participant Russ Talbot to pen the following:

Peter Bakowski is an acclaimed, internationally famous poet, and his poetry is brilliant and delightful. As Peter's record speaks for itself, let me instead tell you about the lesser known of the pair, Dennis Wild. I say "story-teller" because that's how Dennis presents himself in this tandem, modestly not wishing to suggest he is anything like the same level as Peter. But the truth is – and I'll say this even if he won't – Dennis is in fact an extremely fine poet, his light not at all diminished by Peter's star. Still, it's true he's a story-teller – he had us in his thrall as he weaved his stories around us. Dennis and Peter played the night like a tag wrestling team, interacting with each other and with the audience in a non-stop dance. A brilliant, wonderfully entertaining, evening.

Interestingly, Dennis' poetic journey actually began at Christ Church. After attending a session with a bloke called Mark Burrows, in which he 'snuck in unnoticed and sat quietly up the back', he was inspired to try writing poetry himself. I've never met Mark, but am looking forward to his visit in July – accounts of being inspired seem to be the pattern of encounters with him. In fact, Poets' Corner itself was inspired by Mark.

**Story Teller to be
2010 Artist in
Residence.**



Julie Perrin from Melbourne will be our resident artist this year. From 31 October to 7 November, she will engage hearts and minds within the ancient art of story-telling. Julie has been telling stories in educational, church and community settings for the last 20 years. She now directs *Tellingwords*, and works as an Artist in schools, teaching storytelling workshops to students and Professional Development for staff.

There will be more details in the next newsletter, but circle the dates in your diary now as our artist-in-residence program is always popular and may be over-subscribed.

Are You a Friend of ELC?

So far this year 66 *Friends* have joined us. This is still 34 short of our target of one hundred. Please give some thought to becoming a friend.

It is one of the few things that have not gone up in price, just \$30 for an individual or \$40 for a family. Your support will make such a difference to our bottom line and enable us to do even more. Do it today, just fill in the enrolment form (below) and get it back to us as soon as possible.

Judy Barry, Friends' Coordinator.

Social Issues Programs

Autumn Books and Writing evenings were held in March and April. Dr Tony Rogers spoke on his book *South Australia's Extreme Weather: its human impact* Fascinating historical photographs illustrated the events from snow blanketing our state in the early 1900s to more recent floods and bushfires. Dr Basil Hetzel, who with his team of medical researchers worked to prevent cretinism in village children in Papua New Guinea, treated us to a insight into his amazing life's work, detailed in his book *Chance and Commitment*. Both books are in the Christ Church Library. The Social Issues Group is not hosting a program of talks during the winter. Instead, they are recommending worthwhile upcoming events around Adelaide, such as:

* The 2010 Lowitja O'Donoghue Oration: *Walking Together on the Journey of Healing* is at Bonython Hall on Wednesday 2 June at 7pm.

* At St Chad's Anglican Church, Fullarton, on Saturday 5 June (7.00pm) Tom Trevorrow, Ngarrindjeri Elder, and Chairperson Ngarrindjeri Heritage Committee, will speak about *The past, the present and the future of the River Murray, Lakes and Coorong*.

* On Thursday 24 June, a forum on the topic *Conflict in Society -- the role of the church?* with Bishop Kadenji from Zimbabwe will be held in Pilgrim Centre, Pilgrim Uniting Church, 12 Flinders Street, Adelaide from 1pm. - 2 pm. That evening from 6pm, he will address the topic, *Politics and power struggles - what price justice?* To book for the evening session, phone Pilgrim Church Office on 8212 3295 or email office@pilgrim.org.au

* Dr Olga Gostin (University of South Australia) will explore the basis of Aboriginal spirituality centred in *The Dreaming* on June 16, Unley Uniting Church, 7.30 pm. Admission is free and supper is provided. For more information contact David McKirdy at 8272 0520

Friends of ELC To become a Friend and help our work, please complete and return the form below.

Yes, I want to become a Friend/Sponsor of the Effective Living Centre for 2009:

Name:.....Telephone No.

Postal Address:

Email address:

Please find enclosed my cheque/money order for \$30 Single/\$40 Family \$.....
or please debit my Mastercard/ Visa card (cross out as applicable) \$.....

Name on Card Expiry Date .../...

Card Number:

Signature: _____

Faith Friendliness - the New Imperative!

On Friday 23 July (7.30pm) at ELC, Geoff Boyce proposes a Charter for Faith Friendly Communities and valuing faith in the public sphere. Geoff, chaplain at Flinders Uni and deacon at Pilgrim Church, is a board member of *Project Abraham*, and the Uniting Church's national *Relations with Other Faiths Working Group*. He is author of a soon-to-be-published book, "An Improbable Feast - the surprising dynamic of hospitality at the heart of multifaith chaplaincy".



We can email you a reminder about our forthcoming events. Just give your email address to the ELC office and we will send you updates.

When your contact details change, please let us know.

Re-imagining Day on 28 February

This well attended day provided a very positive endorsement of ELC's programs and functions and elicited many appreciative responses from participants regarding what was most valued about ELC. While it is very pleasing to all involved in planning and running ELC, a real problem exists regarding our long term sustainability. Many of our Task Group leaders and members and Office Volunteers have been involved in making ELC the success that it has been since its inception in 1998. Recruitment and replacement of personnel is vital to continue our work so we are eager to hear from anyone who may be interested in being more actively involved. Suggestions were offered at the Re-imagining day regarding the possibility of networking more with other agencies who have shared values and concerns. To act on this we will be reviewing programs that may be duplicating existing events organised by others who share a common vision and values. You will see in this Newsletter social justice events organised by others that ELC is happy to promote.

If you would like to volunteer to work with us either as a member of a Task Group that plans and hosts events or as an office volunteer, please contact Marilyn Blythe at ELC.

Mystery

Life is
a mystery into the Divine,
a journey of growth in love
of the Divine, of self, of others,
into relationships, oneness, wholeness.
For there is only love.

Dorothy McKay

Please advise us of any change of address or email!

THE EFFECTIVE LIVING CENTRE OFFICE

Open Monday, Wednesday and Friday 10am - 3pm Phone/Fax: 8271-0329 (leave message any time)

If undeliverable, please return to:
Effective Living Centre
26 King William Road
Wayville SA 5034

Print Post Approved
PP531629/00118

**PRINT
POST**

PP531629/00118

**POSTAGE
PAID
AUSTRALIA**