



Abba  
Father



*Wishing you a very blessed Easter.*

**CHRISTIAN HOME CARE**

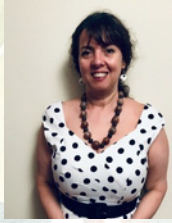
**NEWSLETTER**

**MARCH 2024**



## WHO TO CALL FOR SUPPORT

### ANCA STAMATESCU



Anca oversees the Care Coordination Team. She is the main point of contact for new enquiries as well as feedback and suggestions.

Phone: (03) 9069 6202

### STIFFANY TOUSSAINT



Call Stiffany for scheduling new services with a caregiver, changing or cancelling scheduled services, and general admin matters.

Phone: (03) 9069 6200, option 1

### DINU STAMATESCU



Call Dinu for any Accounting and Compliance matters that could not be resolved with other members of the team.

Phone: (03) 9069 6201

### MICHELLE KOK



Michelle is part of our Care Coordination Team. She will be in touch with you for assessments, care plans and service reviews.

Phone: (03) 9069 6200, option 2

### JESSICA MAGNO



Jessica is also assisting with Care Coordination: service referrals, purchases, booking events and general admin matters.

Phone: (03) 9069 6200, option 2

### NISHANTHI DHARMAKEERTHI



Nishanthi is our Accountant Assistant. Call Nishanthi for any queries regarding invoices and statements.

Phone: (03) 9069 6200, option 3

## WHAT ELDERS SAY ABOUT US:

*Hi Stiffany,*

*A big thank you to Christian Home Care and yourself. The extra time is already turning out to be a big help.*

*I am very grateful to you.*

*Kind regards,  
Paula M*

## CELEBRATING OUR COMMUNITY

We would love to highlight the testimonies, stories, special anniversaries or events of the Elders in our community.

If you have anything to share, please email us at [anca@christianhomecare.com.au](mailto:anca@christianhomecare.com.au) and we would love to feature you!

### HAPPY BIRTHDAY TO OUR COMMUNITY MEMBERS



**Elders:**

**Michael B.  
Margaret N.**

**Jan K.  
Antonia P.**

**Richard M.  
Derry T.**

**Staff:**

**Jessica M. Mellisa K.**

## CHRISTIAN HOME CARE NEWS

The Christian Home Care Monthly Newsletter



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## WORD OF THE MONTH: ABBA, FATHER

Have you succeeded yet to have an audience with the Prime Minister when you have a burning, life or death issue? Probably not... How successful were you for the same issue in securing a meeting with the Mayor? Or with the Victorian Premier? Or your Member of the Parliament?

No doubt, all these leaders are very busy; if you ask them for a meeting, you may get an excuse and be directed to meet one of their remote underlings. If you write a letter, you may get, after a while, a general response that may be of no practical support. I am not saying that our leaders do not support us, but they are important people, and busy.

How much this contrasts with the highest authority in the world, that invites over and over again to meet Him in prayer, has our desires and hopes at heart and, in His time, he helps us? We need no special introductions, connections, just simple words: "Abba, Father, please help me with..."

Romans 8:15 tells us: ***"The Spirit you received does not make you slaves, so that you live in fear again; rather, the Spirit you received brought about your adoption to sonship. And by him we cry, 'Abba, Father.'"***

May you always rejoice in the privilege that we can always go to the Creator of our world and ask him for our needs, as a Father that surely will care for His children!

By Dinu Stamatescu



# PLANNING FOR BUSHFIRES



## My Leave Early Plan

A written and well-practiced plan will help you remember what needs to be done during a crisis. Fill in the missing detail and post it in a location where every member of your family can see it. Rehearse it with your family.

### When will I leave?

My Fire Danger Rating trigger to leave is:

Extreme

When will I leave?

The night before

Who is included in the plan?

Seniors and People who need assistance

The trigger is the same for everyone in the household.

How will I monitor weather conditions and know the Fire Danger Rating (FDR) in my area?

ABC / Local Radio, VicEmergency hotline and VicEmergency website or app

Who is likely to be at the house?

Consider weekdays, weekends and school holidays:

Does everyone on the list know the plan?

### Where will I go?

I will stay at:

Option 1  
Family

Telephone:

I can stay there for multiple nights.

Option 2  
Friends' House

Telephone:

I can stay there for multiple nights.

### Where will I store my emergency kit?

It must be easy to access:

I will get there by:

Friends or Family

Always make sure to call the day/night before to confirm they are still picking me up

Who:

Telephone number:

(please cut out and keep for emergencies)



## Who needs to know?

### I will tell these people that I am leaving early:

*Consider adding a list of contact details for your providers*

Name:

Telephone:

Name:

Telephone:

Name:

Telephone:

Name:

Telephone:

## Our animals

### What will I do with my pet(s) and/or livestock?

*Animals need to be kept cool and hydrated.*

I plan to:

Kennel/Neighbour:

Telephone:

## Considerations

Which radio stations will I tune into?

How will I monitor conditions while travelling away from home?

How will I know it is safe to return?

How will my plan be affected by several fire risk days in a row?

## Warnings

Where to find warnings and updates:



The **VicEmergency app** or **emergency.vic.gov.au**



Listen to ABC Local Radio, commercial stations, and community stations.



**Facebook.com/vicemergency** and Twitter **@vicemergency**



Contact VicEmergency via the National Relay Service at **1800 555 677** if you are deaf, hard of hearing, or have speech/communication impairment.



For information in other languages, call the Translating and Interpreting Service on **131 450** (free call) and ask them to call VicEmergency Hotline.



SMS may be sent to your mobile phone in some emergency situations.



**VicEmergency Hotline 1800 226 226** is free.

**(please cut out and keep for emergencies)**



# PASTORAL MESSAGE: ABBA, FATHER

To call on God as our father is not just an expression. It is more than just an effort to portray the unimaginable God as a figure that is close and familiar to us. In fact, it is who he is. He has been and always will be the perfect image of a father that the world could never offer. He is our father, even when we haven't acknowledged him as one. Being a father is his nature, which can be seen in his qualities of provision, protection, discipline, and unwavering love we can find in him. There was no time when he was not a father, and I believe, there will never be one either.

In the book of Psalms, David poetically reflects on God's fatherly attributes, declaring, "*As a father has compassion on his children, so the Lord has compassion on those who fear him*" (Psalm 103:13). Here, the imagery of a compassionate father evokes a sense of intimacy and tenderness, highlighting God's deep affection for humanity. David realizes that our identity as children of God is granted when we see him as a father. When we start to put our trust in him. Moreover, the New Testament further illuminates the concept of God as a father through the teachings of Jesus Christ. In the parable of the prodigal son, Jesus offers a poignant image of paternal love and forgiveness, illustrating God's willingness to embrace and restore those who have strayed from His path (Luke 15:11-32). Through this narrative, Jesus emphasizes God's unconditional love and his desire for reconciliation with his children, regardless of their past mistakes or shortcomings. Furthermore, the apostle Paul employs familial language to describe the believers' relationship with God, declaring, "*For you did not receive a spirit that makes you a slave again to fear, but you received the Spirit of*



*sonship. And by him, we cry, 'Abba, Father'"* (Romans 8:15). Here, the term "Abba" conveys an intimate and affectionate expression of paternal familiarity, reflecting the believers' privileged status as children of God.

Can you imagine how big is the privilege that we have received to be able to move from a relationship between slave and a master to a relationship of children and father? From someone whose purpose was only to obey and serve the master, to someone who is now able to call on him anytime of the day, knowing that he is not only going to answer us – but in fact, he is overjoyed to be in contact with us. To be someone whose presence is valued and appreciated by the one whom we call father.

***He is not just available; he is passionate and compassionate about us!***

***That's who our heavenly father is.***

God and his nature as a loving father who looks after his children are eternal.

The world and its fatherly figures will end eventually. But he won't. Just as he will always be the perfect father for all of us, we too, will always be his precious children. By grace, we are made worthy to receive his care, his love, and his kindness. Just like a father stays when everybody leaves, so is our God; He will stay by our side when there is no one else we can depend on, and he will never leave us even to the eternity.

God bless and know that you are loved!

**Rev Isaac Koroh** | Associate Minister  
Mullum Mullum Anglican Parish



# Christian Home Church

## Christian Home Church Meetings:

Our next Church services and afternoon tea meetings are planned for:

**Wednesday 13/03, 27/03** and so on fortnightly as usual, starting at 2.00 pm.

Please note: The service on Wed 10 April is replaced by the Salvation Army concert on Fri 12 April.

## For our usual church services we meet on the premises of :

St Paul's Anglican Church at  
40 Warrandyte Rd, Ringwood and there is ample parking.

As we meet on St Paul's Anglican Church premises, we have been advised by the host that there is no further need to check vaccination status. However, we still highly recommend that you get the vaccinations as your GP advises, keep social distancing and wear a mask if concerned about COVID.

You also need to self-screen for COVID before attending the services according to CHC procedures already notified to you.

**Please RSVP to  
[coordination@christianhomecare.com.au](mailto:coordination@christianhomecare.com.au) or  
(03) 9069 6200, select option 4**

**Please note that we cannot take responsibility for your COVID safety when attending; if you deem attendance as an unacceptable risk to your health, we understand!**

**HAVE YOU VISITED OUR CHRISTIAN HOME CHURCH WEBSITE AT  
[HTTPS://CHRISTIANHOME.CHURCH](https://christianhome.church) ?**

**PLEASE DO SO FOR UPCOMING SERVICE DATES, SERVICES RECORDINGS, PRAYER REQUESTS, ETC.**

**Christian Home Church is an ecumenical non-denominational church where we welcome people from any background and hope that irrespective of having been brought up as Catholics or Baptists or Pentecostal, Methodists, Lutherans, Presbyterians and so on, or maybe having no prior connection with church, we will all meet up in unity to bring glory to our God, praise our Saviour and thank our Holy Spirit.**

**SCAN ME**



Have you got used to scanning QR codes wherever you go? You might like to try a different reason for scanning: just to get to our website, see what is coming up, leave prayer requests. **Try it now!**

## **PSALM OF THE MONTH**

### **Psalm 2 Verses 7-11**

7 I will proclaim the Lord's decree:  
He said to me, "You are my son;  
today I have become your father.

8 Ask me,  
and I will make the nations your inheritance,  
the ends of the earth your possession.

9 You will break them with a rod of iron;  
you will dash them to pieces like pottery."

10 Therefore, you kings, be wise;  
be warned, you rulers of the earth.

11 Serve the Lord with fear  
and celebrate his rule with trembling.





The Salvation Army

# Melbourne Red Shield Band



Bandmaster: Graham Roper

# Salvation Army Concert Melbourne Red Shield Band followed by afternoon tea

**Friday 12th of April from 1.30pm**

**St. Paul's Anglican Church, 40 Warrandyte Rd, Ringwood**

**Please RSVP by 5th of April to**

**[coordination@christianhomecare.com.au](mailto:coordination@christianhomecare.com.au) or (03) 9069 6200, option 4**

**During our Christian Home Care and Christian Home Church services and events we take photos and videos which we may use in our publications such as newsletters, invitations, presentations, websites, streamed church services, etc. By participating to our services and events you give us permission to use such photos and recordings.**



# OUR COMMUNITY HAS TALENT!



ARTIST: PAULINE O'CONNELL

TITLE OF THE WORK: THE JOURNEY

INSPIRATION:

The Lord is always there, sometimes the road is rough and cluttered with things that cause us to become disillusioned, but HE is the way, the truth and the life. He always has his gaze set on us to lead, guide, restore, renew, but it comes as we look into him with all of our heart, soul, mind and strength, He is the overcomer, the King of Kings, the Lord of Lords, the Mighty God who is always ready to do battle for us. Look up and see what the Lord can do. He is always ready to extend His arm.



ARTIST: JOHN O'CONNELL

TITLE OF THE WORK: UBIQUITY

INSPIRATION:

UBIQUITY : Being everywhere/ in all places/ every situation at the same time.

We tend to consider difficult challenges and anxious times as being part of Our life journey we go through alone. But God's presence and love and understanding never fails.

He is continually there to be our strength, courage, and guide. Never feel alone as He takes us along the way He as designed.

*He is before all things, and in Him all things hold together. Coll:1:17*



Have you ever thought of finding peace and balance through painting?  
You might like to have a chat with John and Pauline - they have a lot of great stories to tell!  
And they talent influences many others





# My Personal Bushfire To-Do List

Actions leading up to the bushfire season



## Preparing your property

### House Maintenance

- Clear and maintain gutters of leaves, twigs and rubbish.
- Ensure underfloor areas are enclosed or screened.
- Seal all gaps, vents and roof spaces to prevent embers entering your house.
- Store fuels and chemicals away from your house.
- Store LPG gas tanks appropriately. They should be vented away from your house and secured with a chain.
- Move woodpiles away from the house.

### Vegetation Maintenance

- Clear fine fuels from around your home (fine fuels are those that are the same thickness or less than a pencil, such as grass, bark and leaves).
- Keep grass areas well trimmed and watered. Grass should be no more than 10 centimetres high within 30 metres of your home.
- Rake and clear leaf litter (dead leaves) regularly. Leaf litter must be no more than one centimetre in depth.
- Remove flammable mulch from around your house. It is extremely dangerous if used within 10 metres of your home, especially under windows.
- Remove or trim shrubs. There should be no shrubs over one metre next to or below windows.
- Trim tree branches overhanging your house.

\*Many of these actions should be ongoing leading up to and during the bushfire season. Depending on your circumstances, you may need to do them more than once.

### Other

- Ensure you have adequate home and contents insurance.
- List your irreplaceable family keepsakes and valuables. Identify a safe location to store these valuables. Where will you locate them? Consider moving these out of the area during summer.

## Putting together your Emergency Kit

- Protective clothing.
- A change of clothes.
- Food and water.
- Identification papers (e.g. photo ID, passport, insurance policies, will).
- Pure woolen blankets.
- A first-aid kit.
- Medications and toiletries.
- Pet food, water and bedding if needed.
- A hard disk with all important documents, photos etc. on it.
- A list of the contact numbers for your doctor, dentist, local hospital, chemist, vet, municipal councils, gas, electricity and water providers.

## Before you leave actions

- Add final items to your Emergency Kit such as medications, prescriptions, mobile phone chargers, pet food and water for everyone.
- Pack the car, remembering your most important items such as wallet, cards, keys, banking, medical and insurance documents (these should be easily accessible on a USB stick or in an expanding file).
- Turn off the gas supply.
- Block the downpipes and partially fill the gutters with water, if time permits.
- Make sure everyone is wearing protective clothing – long pants, long-sleeved shirts and sturdy shoes such as leather boots. Clothes should be loose fitting and made from natural fibres such as pure wool, heavy cotton drill or denim. Do not wear synthetics.
- Tell people you are leaving.
- Close all doors and windows and lock doors.
- Leave the front or access gate unlocked.
- Decide on your primary destination.
- Decide on your back-up destination.

## Getting ready to go

- Stay updated on fire information so you will know if a fire has started near you.
- Move livestock to a large, safely fenced area and put your pets in a safe place ready for loading in the car.
- Pack personal items such as a change of clothing for each person and toys for children and pets and put them in the car.
- If your car is behind an electric garage door, take it out of the garage and position it in the driveway facing out or on the side of the road.
- Remove any material that could burn easily from around your house, on decks, verandahs and pergola areas. This includes mats and outdoor furniture.

## Caution

Leaving early is you taking action to protect your life and the lives of your family members. In extreme and catastrophic conditions, any fire that starts is likely to be uncontrollable.

Leaving early does not mean waiting for a warning or a siren. It does not mean waiting to see or smell smoke. And it certainly does not mean waiting for a knock on the door.

## Emotionally preparing for fire

You can prepare by understanding how you are likely to respond in stressful situations. Take some time to think and learn about the following three main areas:

**Anticipate** – that the bushfire season and the occurrence of bushfires will be stressful and will cause your body and mind to react in a very specific way. Recognise your body's stress response and think about how it may affect your ability to respond in the event of a bushfire. For example, you may find it difficult to think clearly and to make decisions.

**Identify** – the thoughts, feelings and physical sensations that a bushfire is likely to trigger for you.

**Manage** – the different aspects of your body's stress response. Learn strategies that help you to manage your stress. This can help you to function effectively when faced with a bushfire.

**(please cut out and keep for emergencies)**



# AGED CARE QUALITY AND SAFETY AUDIT

Last time we wrote to you about an Audit was in 2021, when we were found compliant in all areas. Audits are scheduled, in case of good compliance, at least every 3 years. In 2024 it is our turn again.

We have distributed with our statements last month the prescribed documents for such an audit: the Notification of collection and the Notice of visit by quality assessors.

You may be called by the assessors prior and during the audit or you may like to ring them and provide feedback.

We are thankful for your time.

## OUR OFFICE HAS TALENT TOO!

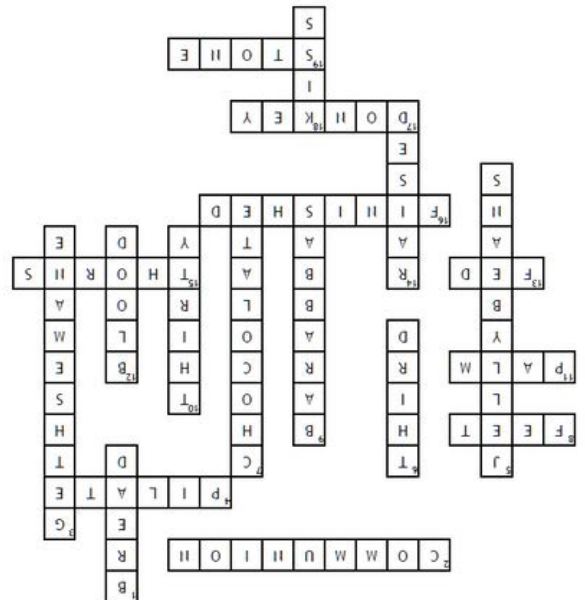
If you imagined that our office skills are limited only to the clinical field, computers and admin, think twice!

Michelle builds up your care plan and various supports, but at home she is able to nurture a real garden. And the results are impressive!

Well done, Michelle, and thank you for sharing your veggies with the colleagues.

Next time you see Michelle, ask her for her secret.

## CROSSWORD ANSWERS (DO NOT READ BEFORE ATTEMPTING THE WORD SEARCH ON THE NEXT PAGE)



### Have you got a complaint?

At Christian Home Care we strive daily to provide excellence in Home Care Package Service Delivery. Have we missed something?

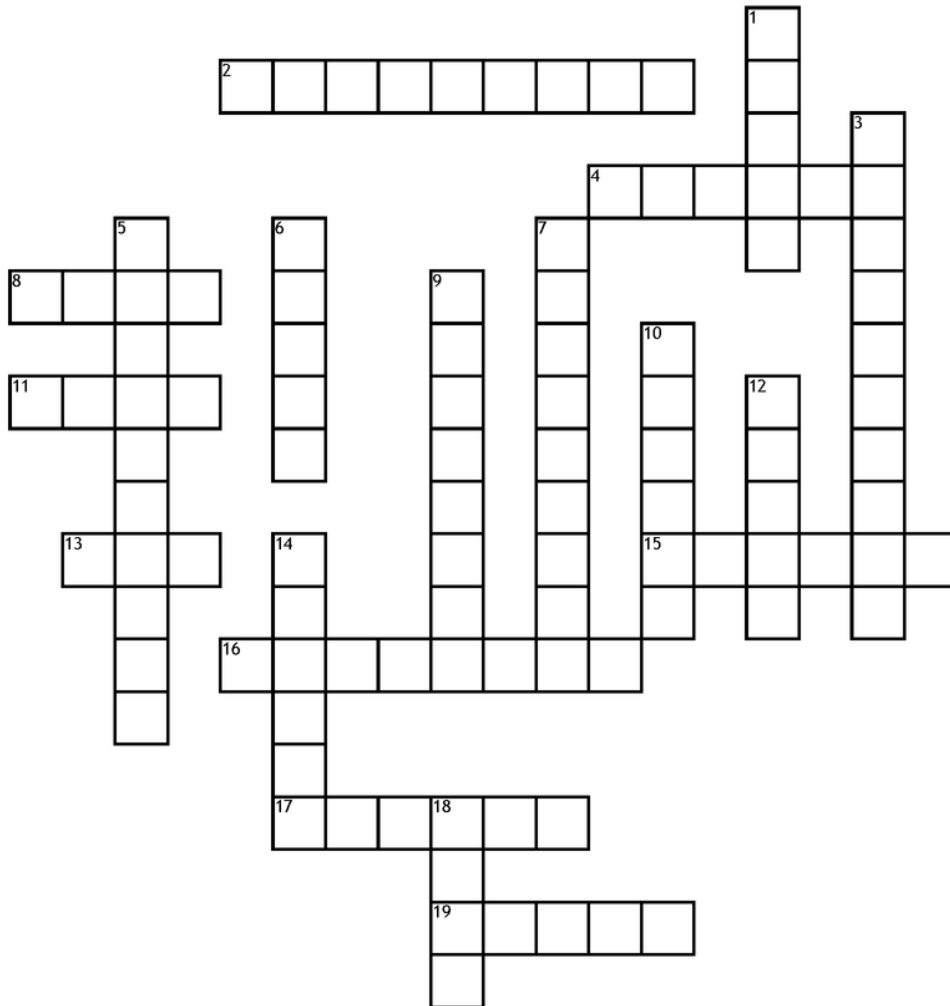
Raising your complaint promptly and directly with us gives you the best chance of a satisfactory resolution - please call us on 03 9069 6201.

If you don't receive a response to your complaint or are not satisfied with the response, you can contact Aged Care Quality and Safety Commission (ACQSC) or an advocate.

For more information on how to raise a complaint, you can find resources on ACQSC website [agedcarequality.gov.au](http://agedcarequality.gov.au). If you want to contact an aged care advocate, call 1800 700 600. You can contact ACQSC on 1800 951 822.



# Easter Time Crossword Puzzle



## Across

2. We take \_\_\_\_\_ for the forgiveness of our sins  
 4. Roman Governer, Pontius  
 8. To teach his disciples humility, Jesus washed their \_\_\_\_\_  
 11. People waved \_\_\_\_\_ branches and sang as Jesus entered Jersulaem  
 13. Jesus \_\_\_\_\_ thousands of followers with a few fishes and loaves of bread  
 15. They placed a \_\_\_\_ of thorns on Jesus' head

16. Jesus last words were, "It is \_\_\_\_\_."  
 17. Jesus rode on a \_\_\_\_\_ as he entered Jerusalem  
 19. when Mary and the others went to Jesus tomb, the \_\_\_\_\_-was rolled away

## Down

1. In communion we believe the \_\_\_\_\_ represents body of Christ  
 3. Jesus went to the garden of \_\_\_\_\_ to pray.  
 5. tiny chewy sweets usually eaten at Easter

6. Jesus rose on the \_\_\_\_\_ day  
 7. a brown sweet treat, dark or milk  
 9. the crowd chose \_\_\_\_\_ to be released instead of Jesus  
 10. Judas was paid \_\_\_\_\_ pieces of silver to betray Jesus  
 12. in communion, the wine represents the \_\_\_\_\_ of Christ  
 14. Jesus was \_\_\_\_\_ from the dead  
 18. Judas betrayed Jesus with a \_\_\_\_\_

## Word Bank

jellybeans  
 communion  
 stone  
 donkey

third  
 barabbas  
 finished  
 feet

blood  
 palm  
 kiss  
 chocolate

gethsemane  
 fed  
 thirty  
 Pilate

thorns  
 raised  
 bread