



LINDARA MARKET serves a purpose, actually more than one. Lindara Market exists because 30+ years ago Lindfield and Killara Uniting Church people decided it was time to provide proper help to families effectively homeless or without support and in trouble and so was launched the listed charity Lindara Family Program.

We sell almost any second-hand goods – crockery, bric-a-brac, artwork, jewellery, books, furniture, clothing, garden tools & plants, ...

The market also serves to create connections for the wider local community. People are often pleased to part with their no longer needed goods this way, pleased to support an identified community need, pleased to congregate on market day, and typically pleased to make a low cost purchase for something they didn't (sorry, did) need (sorry, want)! We have a very large team of volunteer workers.

Next market is Saturday 17 April. Opens 8.00am, Lindfield Uniting Church

See you.

Malcolm Allering



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**From the Editor**

This issue features an article from Vicki Richards, written at my request, on *gratitude*. The idea of gratitude linked in my mind with the little 'treasures' we find in our everyday life.

This issue of *Killara Connection* is full of these treasures:

- * We see through Chris Richardson's eyes the wonder of a special star in the night sky
- * We rejoice in the recognition of the dedicated work of Liz and Margaret, and of Janet
- * We share in the glow of pleasure that our young people have worked hard and achieved a step towards a future career.
- * We see how a country's history can be hidden in the small treasures of stamps
- * In the appealing face of Oreo the kitten we see the beauty of God's creation
- * We find in Lindara a continuing work for our hands, for which we thank God

and there is more: we remember our friend Russ Lesslie, and some will remember and give thanks for the visits of Dr Leonard Small decades ago. We also read of the work of Missionvale, which is supported by our knitting group: truly a needy cause. All these are the 'treasures' in this issue of *Killara Connection*.

Julie Sekhon



From the Minister's Desk.

As I am ruminating on the season after Epiphany, approaching Australia Day, the coming Sunday's gospel reading sheds a light on my thoughts.

A man with an unclean spirit cried out, "What have you to do with us, Jesus of Nazareth? Have you come to destroy us? ***I know who you are, the Holy One of God.***" But Jesus rebuked him, saying, "Be silent, and come out of him!" [Mark 1:24]



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People and even Jesus' inner circle disciples often failed to recognise who Jesus was, or perhaps refused to accept his identity: Suffering Messiah, which his Heavenly Father had bestowed upon him. It is intriguing to find the evil spirit possessed man recognises Jesus' identity, and was frightened by Jesus.

We Christians proclaim that our salvation, however we may describe, is given to us by God through His Son in the power of the Holy Spirit. That is the Trinitarian foundation of our faith. God's salvation-drama is revealed through ***the Holy One of God***, and his identity - who he is - is of paramount importance in our faith. I often realise that our understanding of Jesus' identity shapes our own identity. During the season after Epiphany season a major focus is about Jesus' identity and our own identity.

In understanding who we are, I find we have multiple identities. For example, my way of life and who I am have been influenced by roles and identities of being a husband and grand/father for my own family. In the life of the church I am also often introduced as a Korean-born-Uniting Church minister. We all have hyphenated multiple identities. Though appreciating people's cultural sensitivity to other cultures, I wish I could be regarded simply as a Uniting Church minister. I still remember a parishioner in a previous placement and cherish his comments. He said, "When I see my colleague smiling just like me, I often forget he has a different ethnicity. He is just an Aussie, bloody Aussie like me."

Multiple hyphenated identities are socio-politically and culturally construed and projected onto us. However, there is one God-given identity - who we are authentically, our inner being - which we are invited to learn during the season after Epiphany. That is, we have been called and sealed through baptism as God's people and Jesus' followers just like Jesus' identity was manifested at his baptism. Realising who we are will help us recognise who is leading us and where the Revealer is guiding us. Therefore, we thank God for the baptismal identity. Amen.

Yangrae Son [Minister of the Word]

That Christmas star!

Some of us had good intentions of seeing this special astronomical event, but gave up too soon. How good that Chris saw it and recorded this story

Expert advice was that the observation of the conjunction of Jupiter and Saturn would be at it's best on the night of Monday 21st December 2020, shortly after sunset.

This event comes around every 397 years and coincides with the birth of Christ.

Christopher Richardson is no astronomer and does not own a telescope, however my diary was highlighted for this event.

Soon after sunset on the 21/12/20, I was in the Hunter Valley, NSW. Between 2pm on 21st and 8am on 22nd the Hunter region experienced torrential rain; 100mm of rain was recorded - this was not a night when I was going to see the beauty of the night sky.

The following night, of Tuesday 22/12/20, I was again staying in the Hunter Valley NSW. There was a very overcast sky which again precluded any star gazing.

I returned to my Killara home at 3pm on Wednesday 23/12/20. The sun was shining and the sky was almost cloud free. An on-line enquiry nominated sunset at 8:07pm.

I arrived in Regimental Park, Pacific Highway, Killara, at 7:45pm - with my mobile phone - along with six to eight other unknown folk carrying telescopes, tripods, cameras, long lenses etc.

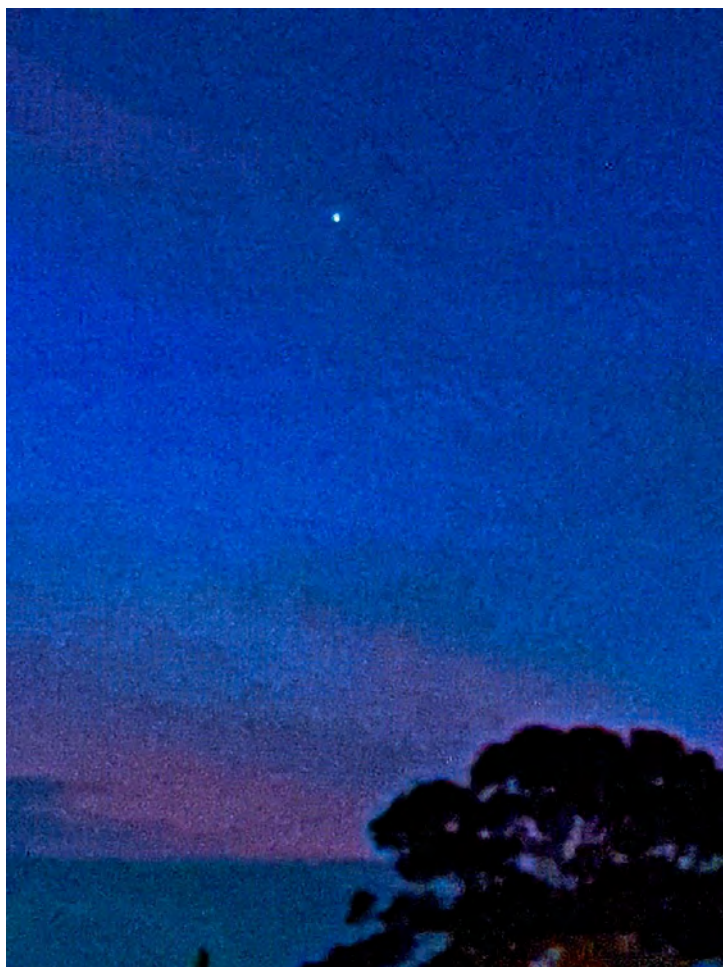
At about 8:15pm a low band of cloud was forming in the deep red western sky.

By 8:35pm it was dark. I had been walking slowly, tracking back and forth along the same stretch of about 250metres, whilst looking westward in the hope that I was high enough above occasional trees which formed the edge of the skyline.

By 8:45pm the park was in total darkness, all the "ästronomers" with their visual aids had now departed. Every few minutes I could hear an invisible jogger - the same person, as he/she lapped the park. I began to question the possibility of being mugged and considered a balance of personal danger vs Faith.

Another 25 minutes elapsed, then as if a light switch was flicked - the Christ Star appeared brightly in the NNW sky. Google Pictures assisted me to capture the moment - thus relieving me of the need to try again in another 397 years.

Chris Richardson



NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors

STARTTS is the NSW Service for the Treatment and Rehabilitation of Torture and Trauma Survivors. STARTTS is a specialist, non-profit organisation that for 30 years has provided culturally relevant psychological treatment and support, and community interventions, to help people and communities heal the scars of torture and refugee trauma and rebuild their lives in Australia. STARTTS also fosters a positive recovery environment through the provision of training to services, advocacy and policy work.



Leonard Small

Revd Dr Leonard Small was one of the great Scottish preachers of some decades ago. He was Moderator of the Church of Scotland from 1966-67 and subsequently appointed as Chaplain to the Queen in Scotland.

We at Killara were fortunate to receive frequent visits from him over a number of years, and sit under his preaching at special services. He had officiated at the marriage of Jean and Albert Himmelhoch in Edinburgh and they formed a friendship with him, inviting him to stop off on his way from visiting relatives in New Zealand.

Killara Church was the beneficiary of the hospitality Jean and Albert extended to Dr Small. Recordings of his sermons were made at the time and copies are held as cassette tapes by Peter Bidencope. Peter would be willing to lend the tapes to anyone with the capacity to play cassette tapes.

Leonard Small died in 1994 and this photo was found recently by Alison Scott.



GRATITUDE

At the last Book Club meeting in December, we discussed the book “The Lost Art of Gratitude” by Alexander McCall-Smith. This title fascinated me. Gratitude is usually defined as giving thanks for what we have or receive. I found in this book, that the main character Isabel Dalhousie, acknowledges the importance of saying “thank you” and strives to cultivate this practice along with other strengths such as generosity, graciousness and compassion.

In my field, clinical psychology, there has in recent years been an emphasis not only on the treatment of mental health disorders such as depression (for which one symptom is negative thinking about the self, others, the world and the future - unhappiness). There has also been an increasing emphasis on and movement towards the other end of this spectrum of experience, the promotion of happiness using positive psychology. The famous psychologist, Martin Seligman, was initially known for his research into depression. In later years his research has focussed more on promoting happiness and positivity, which are characterised by such important concepts as optimism and hope.

Seligman’s research suggested that “gratitude exercises” may contribute to happiness. One such exercise is to write a letter of gratitude to someone who has done something positive for you and then deliver the letter to them in person. Another exercise is to list 5 things for which one is grateful each day (or, alternatively, list 5 good things that have happened that day).

In treating depression, one of the interventions I often use is to ask my clients to do the latter exercise, that is, to list 5 good things that have happened that day on paper, just before they turn out the light to sleep. I suggest they keep a pencil and paper beside their bed for this purpose. If one’s thoughts often dwell at the negative end of the depression- happiness spectrum, this exercise can help to produce more positive feelings and thoughts thereby counteracting the effects of negative thoughts.

The exercise is a way of consciously shifting the focus of our attention towards the many simple things we do have to be grateful for, but of which we may have lost sight. Such things might include a “thank you”, a beautiful flower, a greeting, clean water, safety or an act of kindness or generosity. What we pay attention to seems to determine our experience.

Gratitude has always been a central theme in Christian belief and practice. Cultivating gratitude by regularly giving thanks for what we have and receive can lead us not only to thank God, but to strengthen and influence our own happiness and also the happiness of others.

Vicki Richards



Jeff Newman – Philatelist.

From time to time Jeff updates us on the funds that the sale of used stamps have contributed towards the Uniting Church. He has been collecting for many years and specialises in Malayan and Thai stamps. He writes:

I started collecting in 1943, having been given a Globe stamp album for my eighth birthday. My interest in Malaya began in 1952 then I was living in the Methodist Students' Hostel in Adelaide. There were many Asian students living there who received letters from home, and I requested their stamps.

Following his graduation as an engineer, Jeff joined his first stamp club. This was followed by membership in many other philatelic associations and, on moving to Sydney he joined the Philatelic Association of New South Wales (PHILAS) which has given him an award 'for services to philately in New South Wales'. Amongst other services, Jeff assists in preparing stamp lots for the Association's large auction, normally held every four months.



Jeff has exhibited his collection which includes early 'Federated Malay States' stamps and stamps issued under Japanese occupation during World War 2 (see illustration)

We thank Jeff for updating us on the sales of trimmed stamps:

In 2020 \$18,569 was raised through the sale of stamps. These sales are from church & business donations of modern stamps, and from collections donated.

The better items collections and bulk kiloware (clipped stamps) are sold at the Philatelic Association of NSW auction (PHILAS)= \$16,400 last year.

Other items are sold in the Pitt Street rooms to collectors

Jeff is a volunteer at PHILAS and will be pleased to give an opinion on any old collections.

Janet Lumsden: Decades of commitment to MS honoured.



Recently, Janet Lumsden had a surprise visit from friends in the Ku-ring-gai Multiple Sclerosis (MS) Support Group accompanied by representatives from Rotary.

They called to tell Janet that she had been awarded a Community Caring Award by the Rotary Club of Wahroonga for her 'compassionate and empathetic support' of multiple sclerosis sufferers over decades.

They also presented her with an attractive potplant.

Janet's concern for MS sufferers began when she and Graeme were living in Melbourne and had a neighbour with MS. They raised some money and donated it to the MS society. This led to further involvement.

Janet writes:

"I had a call in 1970's to say there was a meeting that night in Lindfield to start a group to help folk with MS. I went to that meeting and the rest is history. Ku-ring-gai have a wonderful group who continues to help folk with MS. Not only in our suburb but from near and far as it is one of the only groups in Sydney."

Over the years, Janet has worked to raise funds for MS, cooking for their annual fundraiser dinner. She still is on the Committee of the local group and still has that motivating compassion. She says – if anyone knows of a person needing help, they can contact her.





Norma's GILGANDRA Visit

Norma Smithers

Recently with my son Brad I visited my grandson Adam, who has just completed his first year as a teacher at Gilgandra Primary school. Adam had a career as a carpenter for 14 years and then decided he would be a teacher.

He won a remote scholarship which means the Education Department dictates where you will be posted for the first 3 years.

My, how classrooms have changed since the 1940s! Not a blackboard or chalk in sight - just an amazing interactive smart board. iPads neatly stacked on a shelf. A paperless classroom.

For many years Adam was a member of Hornsby SES and has joined the local brigade. He rescued a kitten after a severe storm and decided to adopt her. Oreo, named after Adam's favourite biscuit now lives in luxury with all the mod cons a cat could wish for.

Our trip over the mountains via Bells Line of road was amazing. Because of last years devastating fires vistas of gorges and rock faces against the regrowth was so stark and yet beautiful. Get out into the countryside if you can and support the wonderful people who are getting their life together once more.



Home Thoughts from Home on Australia Day.

Alison Scott

I'm Australian. - what a privilege and pleasure!

I am looking out across my garden and the Southern Highlands landscape to the dawn of another hot Australia Day. I could be by the Harbour which I also call home. I have called many beautiful places home. I have filled a page of the Address Book of friends with all my changes of address!

My history is in my Home, my Head and my Heart, what I have collected and kept, (too much), what I remember, (too little), and the friendships, (just right), that connect me to a treasure trove of experiences other than my own.

This little Journal, Killara Connection, is aptly named. Finding connections is a great love. I like opening myself to new experiences and ideas, being secure in the foundations of the old.

My connection with Killara Uniting Church, an especially welcoming place, began one Sunday in 1985. My husband Ron and I had returned from our wondrous lives abroad: life is less ordinary when you are the exotic foreigner in another's land. We arrived early for the then 10.00am service having been late for St David's, our chosen destination, which began at 9.30. Bill Harvey welcomed us at the door, Hugh Proctor in the pulpit, the Middletons in the pews: we never arrived at St David's. We had found a church home. That we left after four years is no reflection on Killara. We fell in love with an old sandstone farmhouse near Kurrajong and began a new life in restoring it.

I now sometimes return to Killara. You have embraced the new Australia where our leader, Yangrae, has returned the privilege as it were, of coming to a country from which Australian (and American) missionaries brought the Christian message to his country. In the year 1962, before Yangrae was born, the Presbyterian Church of Korea celebrated its centenary. My parents had the honour of representing the Australian Church there, my father, a minister, preaching to the biggest congregation he had ever seen in his life (and he had been to New York). Christian worship is important to Koreans. When we lived in Rome in the 1970s, our Korean members in the Church of Scotland there grew so large, they called their own minister. My mother was always a mission-tragic and my knowledge of the whole world was highlighted by names we learnt of missionaries in its far corners. Not only Korea but the Sudan. Not only India but the Pacific Islands. The connections stretch our horizons beyond Killara which I welcome.

I came to be Australian rather than British for two connections which are in antithesis, the sinner and the saint. My father's grandfather, Thomas Dyster, arrived in Hobart from England by boat as a lad of 15 in 1827, quite against his will. (It is ironic that many have struggled to come by boat, willingly. Now with the virus, Australians stranded abroad would welcome free government transport!)

On my mother's side, her first ancestral arrival was a voyage of choice when Rev Ralph Drummond sailed from Scotland with his family to establish a Presbyterian congregation in the new settlement of Adelaide in 1839.

Mine is a heritage of still the majority of Australians. We can accept change. We can still hold on tight to that which we know is right. In David Gill's most recent sermon, he reminded us we (not only the US), have a Constitution. It acknowledges we are "humbly relying on the blessing of Almighty God".

Let's be thankful.



Look what our young people are doing!

Emma Floyd, who has been part of our Church life whilst she grew from a child to a young adult, looks back on the past year. A number of other young people amongst the families of Church members have completed the HSC. Parents and grandparents are feeling the glow of pride in these young people!

Ashlynn Reese – granddaughter of June and Paul Wait, intends to undertake a 5 year degree in Law and International Studies,

Amelia Warburton, granddaughter of Margaret Warburton will study Arts/Law

Ryan Edge grandson of John and Margaret Middleton (Jean's son) has enrolled in Exercise Physiology at the Australian Catholic University and –

Hamish Middleton, another grandson of John and Margaret (Ross' son) is to study Medical Science at the University of Sydney.

Pippy Taylor, Sue and Barry Taylor's granddaughter, plans a gap year, as does Luke Eastwood, grandson of both Lynne Eastwood and Carol Field



Well done everyone!

Hamish Middleton



Ryan Edge & Nick Robson

...plus a sporting achievement !

Ryan Edge, grandson of John and Margaret Middleton was part of Shore's successful 1st Basketball Team. He is pictured here with his friend from primary school days –Nick Robson, grandson of Nan Atkinson (Lindfield U C). Nick is to study Biomedical Engineering at the University of Newcastle.

...and best wishes to those with new challenges ahead –

Sophie Wines now goes into Year 12

Heather and Kaylee Zhou go into Year 7 at Killara

High School Madeleine Winslow goes into Year 7 at Abbotsleigh

2020, what a year!

Graduating in such a tough year was very challenging for me and especially with online schooling and missing out on a lot of important year 12 milestones.

As a result, my year group grew a lot closer because of our shared experiences (or lack of experiences) over the year and the lessons we had all learned together as a cohort.

I am glad 2020 is behind me and I look forward to relaxing a bit and enjoying life as a young adult

(I also recently turned 18 years old!)

For 2021, I have decided to take a break from study and will continue working part time at Hoyts in Chatswood. I also applied for a new volunteer position and will hopefully be able to keep that up as well. Who knows what else I will end up doing in the future...

Emma Floyd



Pat and Russ

Those of us who knew Pat and Russ Lesslie were saddened to hear of Russ's death on 6th December. This lovely photo was in the commemorative order of service at his funeral.



www.missionvale.com.au

Missionvale, South Africa has been one focus for our Knitting Group. Unfortunately, we are unable to send our usual contributions at present due to transport restrictions. Their December Newsletter brings us up to date with their

needs:

Message from Sister Ethel - *"The virus is rampant out our area, and of course we are all frightened. It is what it is now and we have to cope. Soon we will have most of our staff back.*



Few had it, but lots in quarantine because of meeting people who were infected. It's the most novel virus, and it has no boundaries. The Poor whose immune system is naturally weak are dying fast. With ALL My Heart Thank You For Every Thing. "

Message from Linda, Marketing - *"Port Elizabeth has been hard hit by the 2nd wave of the virus – we are in fact the number 1 hotspot in the country. It seems to have hit harder this time round, or perhaps it feels that way as it has come closer to home. Two of our pupils lost their fathers and many have parents who are terribly ill, one of our staff has lost a husband. First time round not a single one of our staff got it. Last week we had 15 in quarantine due to exposure, fortunately only 3 positive and recovering well.*

We are still on Level 1 which has brought some relief on the economic side, and some people who depended on us during the total lockdown have been able to return to work. Still, food remains the most urgent need as prices on basic items have sky rocketed.

We are so, so grateful to you for what Missionvale Australia has made possible for us during this year. It has been absolutely incredible, we still can't believe it! I am so happy to tell you that we have been able to do bulk purchases of food, securing good prices before the increases as we had the extra cash from Australia to do so. It has really carried us through one of the most difficult times. A million thank yous would not be enough.

My heart really goes out to the school children. They have had such a hard year, and many come from such dire circumstances one wonders how they make it through the day.

Please send our heartfelt gratitude and oceans of love to all at Missionvale Australia!