



WEEKLY NEWS

THE OFFICIAL NEWSLETTER OF
DAPTO ANGLICAN CHURCH

NAOMI OSAKA: DEPRESSION AND RESILIENCE

REV DAVID RIETVELD

Naomi Osaka's withdrawal from the French Open is an incident no one wants to see. A young person struggling with mental illness, at odds with her employer because her actions undermine the business model of professional sports as entertainment.

Every person struggling with mental wellbeing deserves our support – be they female; from an ethnic minority; in their prime – or otherwise.

Stepping back from the particulars, as a culture we need to ask: Why is youth depression on the rise? And why is resilience – the ability to bounce back from adversity – on the decline? I wish to consider the latter question, briefly.

I think part of why resilience is on the decline has to do with expectation. Young people have been told they are special and unique; that in their element, they can achieve great things; they believe affirmation and validation is their right and staple. On the whole, young people are not told that most of us will be average and normal. Normal is good, God loves average people, and we need to teach our youth to be comfortable being run-of-the-mill. They ought to expect to lose as much as they win (in life as on the tennis court).

I also sense our youth have been raised in ways that protect them from experiences of loss and disappointment. Every kid gets a ribbon these days. Yet loss and disappointment are an inevitable part of life.

Furthermore, loss is an opportunity. Paul writes "We are hard-pressed on every side, but not crushed; perplexed, but not in despair; persecuted, but not abandoned; struck down, but not destroyed." And the reason we are not destroyed is that it is not us that has to bounce back. We are flawed vessels. What shines in adversity is "this all-surpassing power [that] is from God and not from us." (2 Cor 4:7-9)

Resilience is something you grow. You can only bounce back after you have been knocked. And it just so happens we learn most about trusting God, when we come to the end of ourselves. .

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DINE AND DISCOVER

You can still spend your \$25 voucher in the Cafe, Monday to Friday, 9am to 2pm.

The Cafe has another special deal, a **5pm sitting on the 9th June**. For just one of your \$25 vouchers you can get a Chicken Parmi & Chips for two people, or Chicken Parmi & Chips, Dessert and a drink for yourself. Booking is essential, call the Cafe on 4260 9278.



BEST IS YET TO COME

On **Wednesday the 23rd June**, The Best is Yet to Come will be holding a Luncheon in our Main Hall. For \$20 attendees will enjoy a 2-course meal and Wollongong's Citizen of the Year, John Kewa will be joining us as he speaks on his work at Mission to Seafarers. Please let us know if you would like to join us at church office.



WOMEN'S WEEKEND

Friday 13th August from 6pm till after Lunch on Sunday 15th August.

Take a weekend out of a busy life to come away with an incredible group of women. Kara Martin will be exploring what whole life discipleship looks like. What does the bible teach us about understanding our calling, how do we view our work, the world and worship. Register at dapto.church/womensweekend to come along.

COMING UP

- Saturday 5th June Men's Gong Day
- Wednesday 23rd June Seniors' Luncheon (The Best is Yet to Come)
- Friday 13th August Womens Weekend
- Tuesday 12th October The Best is Yet to Come - 3 Day Tour



Tax Effective Giving

West Dapto is the fastest-growing residential area in New South Wales outside the Sydney region[1]. And while our region grows, so do our opportunities to reach out to our neighbours.

Our Church building is your home, a place where you can meet with church family and a safe place to bring your friends. And like so many households, we have a loan that we need to pay off.

You can help us pay back the building loan or give to the DAC SRE Fund in a way that benefits you come tax time. For every \$100 you donate to either the Building Fund or SRE Fund, the Federal Government will refund you \$34.50 in your tax return[2]. So, effectively it will only cost you \$65.50 once the tax refund is taken into account.

Our target for the month of June is to raise \$50,000 toward the Building Fund and \$5,000 for the SRE fund. Any shortfall in meeting our loan repayments will need to be paid from the General Fund and will have an impact on the Ministries we can offer.

We look forward to continuing to partner with you as we reach into our local community through our services, special events and through the school scripture programs. Your donations continue to make this possible.

[1] WCC web site. <https://www.wollongong.nsw.gov.au/council-projects/ongoing-projects/west-dapto>

2 Based on the marginal tax rate on earnings over \$45,000 of 32.5% plus the Medicare Levy of 2% = 34.5% in total

Give online or
through the
envelopes



PRAYER FOR TODAY

Lord God, without you we are not able to please you; mercifully grant that your Holy Spirit may in all things rule our hearts and direct our actions; through Jesus Christ our Lord. Amen.

PRAY FOR OUR CHURCH FAMILY

PREGNANT WOMEN

Amy S (10am)

VILLAGES/NURSING HOMES

Molly B, Diana M, Kath H, Barbara L, Reg B (all at St. Luke's Village); Robyn K (Diggers Rest, Corrimal); Graham S (Estia Health, Figtree); Barbara B (William Beach); Helen S (Marco Polo, Unanderra); Ella H (Warrigal Care, A.P.); Jean D (Farmborough Grove).

8AM/9:30AM/2PM

Lyn R - health problems; Pat W and son, Antony - health issues; Daphne C's neighbour - Leukemia); Daphne C's daughter, Joanne - health issues; Mary J - recovering from Bronchitis); Molly B has moved into care at St. Luke's Village.

10AM

Gwyn D - cancer diagnosis; Paul B - dialysis treatment; Elizabeth L - brace off at home, but still needs to wear it when going out; Sue B - starting a new lot of treatment; Nelson S, Michele S - ongoing conditions and treatments.

7PM

Shaina J's son, Roman - waiting for more tests; Gary M - ongoing health problems.

CAFE CHURCH/CREATIVE CONNECTION

Lynne N - waiting for results; Virginia C - recovering; Blake M (Janelle's 8 year old grandson) chemo for Leukemia.

SAFE MINISTRY



Dapto Anglican Church is committed to Safe Ministry Practices.

If you have a question or concern, we are here to help.

Please contact:

- Julie Houghton, Parish Safe Ministry Representative, by confidential email safeministry@daptoanglican.org.au or through our church office on 42611001
- Anglican Abuse Report line on 1800 774945

