



# WEEKLY NEWS

THE OFFICIAL NEWSLETTER OF  
DAPTO ANGLICAN CHURCH

## WAYS TO UNDERSTAND MENTAL ILLNESS

REV. DAVID RIETVELD

Mental illness, and the attempt to understand it, is not new. One popular theory in the Middle Ages was the notion of humour (from the Latin word for fluid). We have four fluids running through our body - blood, phlegm, choler (yellow bile), and melancholy (black bile).

Your personality, or temperament, results from the various ratios of fluids present in your body. Someone with excess blood, known as sanguine (again Latin), is optimistic and sociable. Someone with excessive phlegm is relaxed and peaceful. Too much choler makes one short-tempered and irritable. Too much black bile makes one melancholic, analytic, and gloomy.

Your mental state, then, results from something within you. The black bile may have been placed there by a demon, but depression was a real thing inside you, not an illusion of the mind or a figment of the imagination.

It is you that is sick, your physical/spiritual being. You need to fight against this inner thing that is inside and a part of you. I take it you can see the appeal of having a priest come and hear you repent, announce absolution and offer you the body of Christ in communion when you see the world this way.

We no longer understand mental illness like this, and we are quick to say - thank goodness. Not so fast! We now tend to see mental illness as a chemical imbalance. It is a sickness that has happened to you - it has beset you - but it is not essentially you.

Much of this is right and helpful. Mental illness often is a result of brain chemistry and hormone changes, some of which can be triggered by circumstances that happen to us. But I propose we may have lost something.

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When we separate the physical body from the soul/spirit, and we separate disease from sin, we risk losing the role and identity of self. Sin is a part of our inner self – it is a thing that is part of who we are. Unchecked, it can negatively affect our spiritual and emotional well-being, and we need to fight against it. The battle against our demons is a daily expression of the good fight.

At times, a both-and rather than an either-or view is more insightful.

## Kids Ministry Update



Charlotte has now completed 6 months in her internship which means a time to reflect and review. During this time, Charlotte has decided that she will not continue in the role of children's intern. We want to acknowledge Charlotte's service to DAC over the past 6 months and wish her well in her future endeavours. Charlotte will finish up her internship this week but you will still see her volunteering in Connect Kids programs and attending 6pm church. Please pray for Charlotte as she makes this transition.

## BCA Boxes



It is time once again to bring in your BCA boxes so that the money may be counted and sent off to the Bush Church Aid. During September, we encourage you to drop off your boxes at the church office so that they may be counted and sent off. A big thank you to Ron and Maureen, who volunteer their time to make this happen.

## 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](mailto:safeministry@daptoanglican.org.au) or through our church office on 42611001
- Anglican Abuse Report line on 1800 774945





# Trivia Night

A heartwarming success! Our trivia fundraiser gathered 143 attendees, forming 14 lively tables. Together, we raised a remarkable \$3,409.97, which covered the costs of our much-needed new dishwasher and started us on our way towards the new fence out front. We're profoundly grateful for the incredible generosity and strong sense of community that made this event possible. We want to extend our deepest thanks to everyone who participated and helped make this event a triumph.

Congratulations to "You're a Quizzard Harry" for the Trivia Trophy!



**ALL AGES DARK PLAY**

**TRAIN TO KIAMA**

**FAMILY ADVENTURE DAYS**

**Thursday 28th Sept**  
From 10am, Meet us at Stuart Park, BYO food

**Thursday 5th Oct**  
Catch the 9:07am Train from Dapto or meet us in Kiama  
We'll explore, play and picnic

The graphic is split into two main sections. The left section has a blue background with white polka dots and features a child on a skateboard and three children sitting on a log. The right section has a green background with white polka dots and features a smiling girl and a blue and yellow train. A large yellow starburst in the center contains the text 'FAMILY ADVENTURE DAYS'.

# PRAYER FOR THE WEEK

Most merciful Father, you have called us to be a caring church, reflecting in our lives your infinite care for us, your children.

Help us to fulfil our calling and to care for one another in an unselfish fellowship of love; and to care for the world around us in sharing with it the good news of your love and serving those who suffer from poverty, hunger and disease.

We ask it in the name of Christ our Lord.

Amen.

## PRAY FOR OUR CHURCH FAMILY

### MOURNING

Please pray for Kathy and Mark S (10am) following the death of Kathy's mum.

### HOSPITAL

Please pray for Darryl N (Wed 2pm), who is in hospital following a recent stroke.

### EXPECTANT PARENTS

Tara and Nathan O.

### VILLAGES/NURSING HOMES

Please continue to pray for our people in Residential Care Homes: Jean W, Kath H, Phyllis D, Audrey & Alan R, Gae & Allen Q, Elsie N, Barbara L, Pamela B, Betty B, Gordon M, Beth W (Piper House, Dapto); Robyn K (Digger's Rest, Corrimal); Helen S (Marco Polo, Unanderra); Ella H, Trevor W (Warrigal Care, A.P.); Wendye C (Farmborough Uniting, Unanderra); Cheryl T (Hammond Care, Horsley); Graham S (The Links, Wollongong); Brian B (William Beach Gardens, Dapto).

### 8AM / WED 2PM

Please pray for Genie C's brother as he is struggling with ill health. Please continue to pray for the daughter of Bron and Graeme E, Susan, who recently had a stroke. Also continue to pray for the family of Deb P, especially her son, her brother and her grandson.

### 10AM

Please be praying for a safe surgery, recovery and answers for Roman (Shaina J's oldest son) as he is scheduled to have surgery on his spine soon. Pray for Elizabeth L who is now more active and coming to church. Please pray for a friend of Pat McK, Jan J, who is waiting for surgery. Continue to pray for Janice S as she needs surgery, but has to wait a long time. Also pray for Andrew W as he continues with his treatment.

### 6PM

Please continue to pray that Jael's health will stabilise.

### CAFE CHURCH/CREATIVE CONNECTION

Lynne N's brother, Stephen's Targeted Chemo is having to be adjusted. He has been quite unwell. Pray that they can sort out his dosage; Also, keep praying for Lynne N as after more tests they have found that the Crohn's disease is still active in her bowel and she will be starting new medication as soon as possible.