

THE MENANGLE NEWS

VOL 27 NO 1

JANUARY 2017

St James – the light on the hill



Photo by Steve Braiding

Minister: Rev Chris Moroney
Enquiries: Ph. 4633 8594

SUNDAY CHURCH SERVICES

8.30am: Traditional Service
10am: Family Service and Sunday School

www.menangle.anglican.asn.au

What's on at St James

BELL RINGING PRACTICE

Wednesday evenings from 7 to 8 PM
New members welcome.

MEN @ SHOP

...an opportunity for men to relax, with other men, over a cup of coffee or tea in a friendly atmosphere once a week at 10.30 a.m. on Thursdays at the Menangle Store.

The meetings usually last about an hour. Contact Chris 4633 8594 /Graham 4633 8810.

St. Patrick's Church



Mass: 1st Sunday of each Month at 6pm

JANUARY BIRTHDAYS

5th Terry Swanson
7th Doug McDonald
8th James Tedesco
16th Victoria Foulks
19th Bianca Peretin
20th Rheannen
21st Joshua Bond
28th Paul Thompson



ANNIVERSARIES

29th Harry & Francis Warner
Add your special dates to our list by sending an email to: byp257@gmail.com

Library

The Wollondilly mobile library visits Menangle every Friday between 11am and 12noon. You will find it parked in St James Ave.
AND don't forget the Little Library at 12 Station Street; available whenever you're passing by!



AUSTRALIA DAY BREAKFAST

8AM THURSDAY 26th JANUARY

AT THE FIRE SHED

\$5 PER HEAD/\$10 PER FAMILY

BACON – EGGS – DAMPER

JUICE – TEA – COFFEE

RAINBOW REFLECTIONS

CHOOSE LIFE

In our Curves Complete Program (the healthy eating, plus exercise, plus personal coaching program we run at our gym) we offer “exchanges” in the meal plans. For example you can exchange a beef dinner for a fish dinner, or a vegetarian dinner. Exchange means you give up one and choose the other.

We encourage ourselves and all our members to make healthy exchanges a way of life – instead of a couple of chocolate biscuits with your coffee, why not have a couple of medjool dates with some walnuts. The calories will be about the same, but your nutrition will receive a great boost!

What is true for our bodies, is also true for our souls.

I love the potential I have to live a healthy internal life – healthy choices, healthy thoughts, healthy emotions, healthy attitudes. I would love it if I could just exchange ALL my unhealthy attitudes, thoughts and emotions AT ONCE for ALL the healthy options, but it doesn't seem to work that way. Life is a process and a journey. Each day holds the promise of growth, not perfection. Each moment holds the potential to choose newness of life, or continue in the old ways.

If only CHANGE was EASY! Change is never easy, but EXCHANGE is simple and immediate. If you have faith to believe that God is good, that He has forgiven all your shortfall through Jesus, and if you have asked Jesus to be Lord in your life, than you can exchange all your negative thoughts, emotions and attitudes with His good positive ones.

I have learnt this week that when Jesus said “Don't let your heart be troubled or afraid” He was inviting me to exchange my troubles for His troubles, and my fear for His fear. It was a process, and will be a journey, but it is the way of peace.

When I was caught up in my troubles and fears, my body was also hurting. My wrists ached, and my shoulders and arms were stiff and sore. I have read that a high percentage of physical health issues are emotionally caused (between 75-90%). It is so worthwhile to have a healthy inner life!

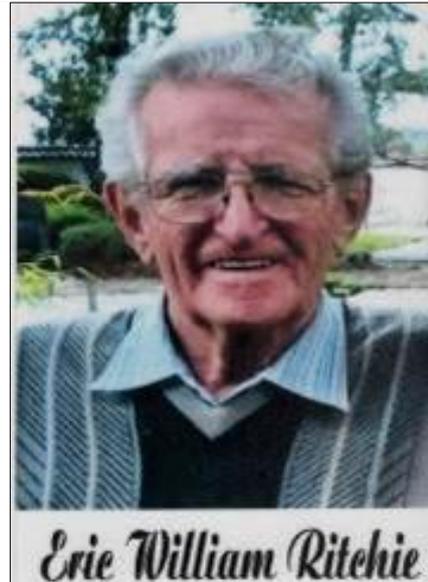
Exchanges are little everyday miracles that teach us to trust God and rely on Him.

Every blessing for a wonderful 2017

Sue Peacock

Vale

Eric William Ritchie



Picture courtesy of the Green Recorder

It is with great sadness that we advise that Eric Ritchie passed on Saturday December 17th at Campbelltown Hospital after a short illness. Eric with his wife Margaret and their 2 young daughters came to live in Menangle in 1967 having recently arrived from Aberdeenshire, Scotland and lived in the same house in Menangle ever since. He worked for Camden Park Estate in the workshop and later for Dairy Farmers at the Rotolactor, keeping the milk tankers on the road, since retiring you may have seen him going for long walks around the village which he thoroughly enjoyed. He will be sadly missed.

Anne Hatt (daughter).

ROTOLACTOR

Correspondence received:

email:

I am Robert Scott and I worked at the Rotolactor in the late 60's to early 70's.

I was known as Twiggy. I would like a copy of the Menangle news each time it is put out.

Kind Regards, Robert Scott

I had a conversation with Pat Lambert (07)4933 3727 Pat worked at the rotolactor in 1953-4 and lived in the boarding house.

He said he was there when Albert Namatjira was brought on a visit.

Past editions of the News can be viewed at www.menangle.com.au

NEW YEAR RESOLUTIONS

by David Wolpe, Senior Rabbi, Sinai Temple Los Angeles

The best resolutions are elastic—they cannot be broken with a single act. If you swear never to touch red meat, one burger ruins the resolution. If, on the other hand, you pledge to eat healthier food, each day you have a chance to fulfil the resolution anew. Below are five elastic spiritual resolutions that can carry you throughout the year.

1. Engage with people more than pixels.

Looking at a phone is quick and undemanding. Texting is easier than talking—it gives you intimacy without danger. This year, resolve to spend more time looking into someone's eyes when you communicate with them. Replace an extended exchange on text with a meeting for coffee. Make a promise of presence.

2. Take your soul seriously.

It is easy to pretend that what we watch and how we speak have no effects on us. But the constant pounding of hatreds and dehumanization that marks so much of our media have consequences for our character. Part of who you are is the sum of the influences you choose: what you watch, who you associate with, how you speak about others both publicly and privately. Life is a continuous journey of soul shaping, and this year, resolve to keep your deep journey in mind. Turn away from something seductive but corrosive—Twitter rants full of bile, or people who continually insult those around them, or depictions of violence that take savage delight in suffering. You only get one soul; don't squander it in things unworthy of its majesty.

3. Increase your kindness.

If you wish to feel kind, do something good. The great secret of moral growth is that it often begins from the outside. Rather than your joy leading you to smile, your smile can lead you to joy. Behave generously even when you do not feel like it and the habit will grow as will your innate quality of kindness. The act can be small or large; it can be a charitable contribution or a gentle word or help with a heavy bag on an airplane. Do it.

4. Choose someone to forgive.

All of us have legitimate grievances in our lives. Some people are very hard to forgive but you need not begin with the toughest cases. Small acts of grace will grow. Forgive the guy who cut you off in the street; after all, you have cut people off as well, on purpose or inadvertently. Forgive the person who made an unkind remark about you. Choose a place to begin. The more you forgive, the less the world can injure you; forgiveness is a soft shield for your soul.

5. In forgiving, include yourself.

Fight against perfectionism. Leave a dropped stitch in the knitting of your life. There will always be more possibilities to get something wrong than to get it right. Allow yourself the latitude of mistakes, without self-punishing. God is supposed to be perfect, not human beings. Have

expectations of yourself, but don't enforce them with a hammer.

The New Year is here with your chance to live purposefully. Will you achieve this every day? Of course not (see #5 above). The key resolution is not to triumph or to always succeed. Resolutions of the spirit come down to one thing: **in this New Year, grow.**

Development coming to Menangle Park

Tarik Elmerhebe,
Macarthur Chronicle Campbelltown



Aerial view of the areas to be developed

ABOUT 3400 homes are likely to come to Menangle Park after Campbelltown Council approved the rezoning of land within the Menangle Park Urban Release Area at last night's meeting.

The application by Dahua Group will now go to the Department of Planning for final approval.

The application was approved by all councillors except Greens Councillor Ben Moroney who cited traffic concerns as one of his objections.

"This development is going to dump thousands of cars on the road," he said.

"It's something that our infrastructure can't handle."

According to a business paper tabled at the meeting, the council has received correspondence from UrbanGrowth NSW and Dahua Group that they would contribute funds towards construction of stage one of the Spring Farm Parkway (link road). But the business paper notes that south facing ramps from the proposed Spring Farm Parkway to the M31 has not been investigated.

There is proposed to be a total area of public open space, private open space, riparian land and rural land of about 410ha, which is more than half of the release area land.

Email Copies

Did you know you can receive the Menangle News via email? It has functional links to enable you to explore some articles further.

To subscribe email me at:

byp257@gmail.com and I will include you on our email distribution list.

ADVERTS

CURVES CAMDEN 4655 7702

3/31 Cawdor Rd, Camden

www.curvescamden-narellan.com.au

JOIN NOW \$1*

HURRY! FIRST 30 MEMBERS PER CLUB ONLY!

Camden/Narellan 46557702

3/31 Cawdor Rd, CAMDEN

*Ask in Club for Terms and Conditions.

Curves

LIVE

STRONGER

TOGETHER

- ✓ 30 minute fitness
- ✓ Total body workout
- ✓ Equipment designed for women
- ✓ Variety of specialised circuits
- ✓ In-Club coaching

#CurvesLiveStrongerTogether

House Cleaning

My name is Malaika Hall [13yrs old]; I am working to earn extra pocket money by cleaning houses

If interested, please contact me on:

0451-142-947 (Price negotiable)

Babysitting Services - Macarthur Area

Laura Howard 18yrs, experienced with all ages from 6 months +

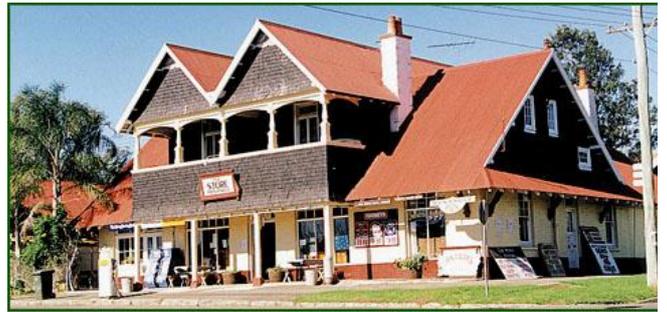
Currently holds: Police Check, WWCC, Senior First Aid, Cert 2 in Children's Services, P2 Driver's License with own transport
Price negotiable upon first meeting, offering homework help and flexible hours
Please contact me on 0418 963 291

We need someone to mow our grass and trim our edges, on a regular basis.

Happy for you to use our mower and whipper snipper.

If this would interest you please call us
4633 8543 Howard Family

ADVERTS



THE MENANGLE STORE

Phone 46338101 Fax 46338686

LIONS CLUB OF CAMDEN MARKETS

from 7:30am Saturday

at Onslow Park

[next to Camden Showground]

Ph: 0417 230 418

MACARTHUR LEARN TO SWIM

2/53 Cawdor Rd Camden

ph. 4655 7735

AVON CALLING

Antonia 0411 602 400

NUTRIMETICS

If anyone is interested in getting a Nutrimetics Brochure delivered to your door please contact Katie on 0404140659

The Forbidden Dance Company

We currently provide fun private dancing classes to suit every individual. Salsa, Bachata & Merengue.

Currently held in our personal studio in Haines Pl, Menangle or at your home. Private lessons: 1.5 hour basic classes: \$30.00 per person or \$50.00 per couple. Discount for groups or multiple pre-booked lessons. Call Claudia on 0430 460 205 to book in or email: Forbiddendancers@hotmail.com

<https://www.facebook.com/forbiddendancecompany>

Articles and contributions welcome:

email: byp257@gmail.com

or leave written articles at 10 Station St