



## Crookwell Uniting Church

### **“To Know Christ and Make Christ Known”**



*Witnessing to God's love for the world  
From the main street to the paddock.*

January 2024

### **New Year, New Hope**

Recently, I had the opportunity to meet with Judy Carmody of the Rural Adversity Mental Health Programme to discuss the range of services that are available in the Crookwell area.

The Goulburn and Districts Inter Agency meeting occurs monthly, and Crookwell Uniting is now included in the mailing list so we can keep up with current agency programmes.

After another difficult year for many of us, it is good to know there are services available for people who are doing it tough, and need some assistance with their mental health.

One of the best entry points is One Door which provides general information on mental health issues, available services, and even skills to help people look after their loved ones who may be going through a difficult time. To find out more, you can call them on 1800 843 539 or visit the website [onedoor.org.au](http://onedoor.org.au)

Recognising the early warning signs of mental health intervention can go a long way to preventing an issue festering into something more insidious. Mental Health First Aid courses are available for people to learn how to initiate conversations

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### **Contact Us**

#### **Minister of the Word**

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that may prevent further harm occurring. The website [Mhfa.com.au/courses/public](http://Mhfa.com.au/courses/public) has a course calendar, including specialised youth counselling, with a variety of learning options, including online.

Speaking of youth services, according to *Beyond Blue*, 14% of people aged 4-17 will have a mental health episode in any given year; while over 75% of mental illness manifests before the age of 25. Unfortunately, this age group is also the least likely to seek assistance.

New Access is a new programme which allows young people to gain the necessary skills to manage stressors such as study, relationships, work, health and loneliness. It is a free service, and does not require a referral from a GP. Both face to face and telehealth services are available. More information can be found at [wellways.org/our-services/newaccess](http://wellways.org/our-services/newaccess) or by phoning 1300 921 535.

While there remains a lengthy waiting time at Headspace in Goulburn (which is indicative of the size of this issue), e-headspace offers a free and secure space for people aged 12-25 or their family to chat

with a qualified youth mental health professional via phone or email. Find out more at their website [headspace.org.au/online-and-phone-support](http://headspace.org.au/online-and-phone-support)

The Standby programme is a national service focused on supporting anyone who has been bereaved or impacted by suicide at any stage of their life, including individuals, families, friends, witnesses, first responders, and service providers. Information can be found at their website [standbysupport.com.au](http://standbysupport.com.au) or by calling 1300 727 246 at any time.

While these issues are often difficult to talk about, there have been positive steps taken over the last few years to remove some of the stigma surrounding mental health issues. While celebrities such as rugby league star Johnathan Thurston, and Master Chef winner Julie Goodwin have spoken publicly about the issue, it is clear that it can affect any of us at any given time.

With this new year, let us have new hope that services are available to assist ourselves, loved ones, friends and the general community.

- Matthew

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## Worship & Readings

### Sunday 7 January

9:30am Crookwell and  
crookwelluniting.org

Readings: Genesis 1:1-5; Psalm 29; Acts  
19:1-7; Mark 1:4-11

### Sunday 14 January

9:30am Crookwell and  
crookwelluniting.org  
2:00 Jerrara

Readings: 1 Samuel 3:1-10; Psalm 139:1-6, 13-  
18; 1 Corinthians 6:12-20; John 1:43-51

### Sunday 21 January

9:30am Crookwell and  
crookwelluniting.org

Readings: Jonah 3:1-4, 10; Psalm 62:5-12; 1  
Corinthians 7:29-31; Mark 1:14-20

### Sunday 28 January

9:30 Crookwell and  
crookwelluniting.org

Readings: Deuteronomy 18:15-20; Psalm  
111; 1 Corinthians 8:1-13; Mark 1:21-28

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## Meeting the Uniting Church Again for the First Time

Did you know the Uniting Church has a  
chaplaincy service available to assist people  
in times of disaster?

When disasters strike, people are affected  
in every aspect of their lives, physically,  
emotionally, psychologically and spiritually.  
Holistic care must account for all aspect of a  
person's experience and need.

Issues of meaning, justice, forgiveness,  
hope and worldview have spiritual  
elements. These are all challenged at a  
time of major loss, and many people  
connect these things with their own faith or  
spirituality. Holistic care should allow for  
pastoral and spiritual care and comfort in  
this context.

While other services and groups will aid in  
taking care of people's physical and  
emotional needs, chaplaincy seeks to  
support people's spirituality.

DRCN Chaplains:

- Provide pastoral presence and support to people and communities following disasters.
- Participate in Recovery activities.
- Provide resources, training and support to local ministry agents as they, in turn, support their communities in recovery.

More information by calling 8267 4394.

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