



Our Summer edition of 'Hub Highlights' once again gives a glimpse into the life that is bubbling along here at the Mercy Hub.

We look back on the year and know that this Mercy place has opened doors to many in the past months. Of course, it's hard to capture in a few words and pictures the sense of growth across all the various reflective group gatherings, new faces, and programs that have taken place. We are grateful to all who have joined us along the way and so enriched our workshops and presentations and inspired our Comfortable Cuppa, reflective sessions, poetry, art classes, exhibitions and more.

As we journey now towards Christmas, we are about to begin the Advent Zoom sessions each Wednesday morning with Elizabeth Dowling guiding our reflective time together.

This year, more than ever, our Advent and Christmas preparation time puts many challenges to us. The needs of people both near and far are great. We find ourselves living globally in an age of enormous uncertainty and rapid change. In too many places war and conflict, displacement and fear show us the face of unfathomable suffering.

In this Advent we lean into our greatest longings and into the greatest needs of the whole world.

*And the Word became flesh
and lived {pitched a tent, in / with us} among us [John 1:14]*

Margaret Moore RSM

*On behalf of everyone at the Mercy Hub
We wish you Christmas blessings*





Earth Connection Program *by Maria del Mar Scavone & Eli Diaz*

Earth Connection is inspired by Laudato Si' goals, a call to action for all human beings to care for our common home - Earth. Most recent sessions had guest speakers on the topic of Ecological Economics and Education at the Mercy Hub.

Ecological Economics

Jemima Welsh came all the way from Brisbane to talk to us about alternatives to the traditional approach of economics. The 'invisible hand' has made us invisible to ourselves and each other. As a response, the Impact Economy made its way into the economic realm as an alternative to this individualistic approach. The impact economy places value not just on productivity and growth, but also, and to equal degree, on sustainability and wellbeing. It recognises that we are all interconnected, that our financial decisions do have an impact on those beyond our sphere of visibility.

Doughnut economy aims for the economic 'sweet spot'- doughnut, that means we can successfully meet the needs of all human beings within the needs of the planet. However, Jemima emphasised the need of intentionality, mindset, and follow through to really generate a shift in the economy. Looking at this with 'lens of Mercy' and seeing ourselves as interdependent with others, and thus capable of making things better.



Attendees and speaker, Jemima Welsh (denoted by arrow)



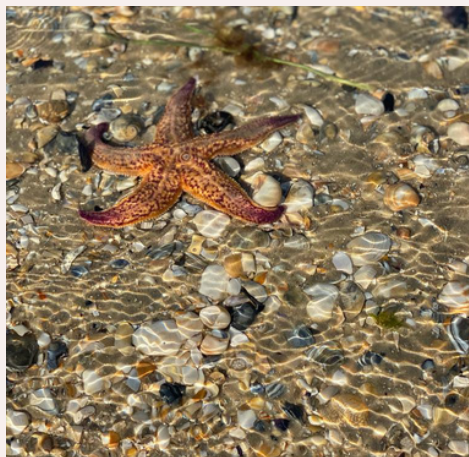
Sally Neaves presentation on Ecological literacy.

Ecological Education

For this session Sally Neaves brought us an engaging presentation on the need of ecological literacy. She talked about projects related to education in ecology. One of them is the Permaculture for refugees in which the transmitted knowledge is key to meet the basic needs for food, energy, water, shelter and a refugee's concerns for self-determination and self-sufficiency.

At the end of the presentation, she made some trivia-quiz questions on nature-related topics – the older people in the room had more ecological literacy than the younger people (not sure about the unexpectedness of this situation).

With both amazing talks, we went inspired to contribute to the Beach Cleaning Patrol and learned first-hand more about how our actions directly impact nature. Another workshop on sustainable materials also stretched and challenged lifestyle practice.



Stay tuned for our program next year!

Want to learn about Policy Advocacy? What if you can also use the skills to advocate for a cause? Our Policy Advocacy program has both! Applications for the program open on the 27th of November. Follow our socials to find out more!
Earth Connection



Stretch for Good

*by Ameilia Jerin
Young Mercy Links Member*

Recently Young Mercy Links (YML) Victoria hosted a Yoga fundraiser to raise money for materials needed for a house-building project in Cambodia.

This is one of several events organised to fund 10 volunteers and 3 staff from Young Mercy Links to visit Sr Denise Coghlan at the JRS Metta Karuna reflection center in December.

The fund raiser was a huge success, with 30 people participating and a total of \$2330 raised. One of the highlights of the event was the wellness raffle organised by Eve Johnson, YML member. The raffle had incredible prizes such as three nights of accommodation down the Great Ocean Road, shiatsu massage, acupuncture, yoga classes and much more. It was a great way to get people excited about the event and encourage them to donate to the cause.

We would like to extend a special thanks to the Sisters who supported us generously through donations, as well as St Aloysius College for allowing us to use their space and Lauren Marquet for running an amazing yoga practice with us. Without their support, the fundraiser would not have been possible.

Overall, it was a great experience to be a part of such a meaningful event that brought people together for a good cause, as well as a fun activity to partake in. I look forward to participating in more events like this in the future.



ART ON SHOW

Art classes have become even more popular at the Mercy Hub - Nicholson St.

The participants have said:

- "the art class is a journey of mindfulness, a chance to be still"
- "Our teacher Phil is so generous with his time, skill and artistic experience."



And because we wanted to share the amazing participants' work with everyone, we had a lovely exhibition evening on Wednesday 15th and walk in openings until Saturday 18th morning.

A big thank you to the Bendigo Community Bank for its yearly contribution to this program. An even bigger thank you to Phil Kreveld, our Art Teacher who generously donates his time to support and inspire us throughout the year.

COMFORTABLE CUPPA



As part of our Comfortable Cuppa series, Adele Howard, gave a much appreciated zoom presentation on Sacred Land, Our Common Home.

'Laudate Deum – Praise God' is a new call by Pope Francis to all people of good will on the climate crisis.

A Zoom session on this theme was led by Adele Howard to over forty participants.

It was a time to enter into the new message (Apostolic Exhortation) which Pope Francis shared with the world on October 4th called 'Laudate Deum – Praise God.'

In the Zoom session Adele reflected on the land as sacred, even as we hold the pain and suffering of those dispossessed of their land through war, particularly in the Middle East and Ukraine, of asylum seekers forced to leave and be deprived of their lands, of land destroyed, rendering people economically poor and homeless, destitute and hungry.

We considered the richness of the Culture of Indigenous Australians and their relationship with the land, which holds meaning, identity and sacred spirit for their clans and communities. We were also aware of the deeply disappointing rejection of the opportunity for formal acknowledgement of the richness of their culture, spirituality and voice in the outcome of the Referendum vote in Australia on October 14.

Adele carried the important thread of awareness and mystery of the sacred in the land through the morning's presentation and discussion as we reflected on the messages and the themes of 'Laudate Deum-Praise God.' It has been called the Pope's cry for a response to the climate crisis as well as an addition and strengthening of urgent messages of Laudato Si'.

A NEW FACE AT THE MERCY HUB



A big welcome to Kathy Cooney, Mercy Connect Co-ordinator, Melbourne currently sharing space at Mercy Hub, 607 Nicholson Street Nth Carlton.

Email: Katherine.cooney@mercyworks.org.au

Poetry more than words by Mary Geason rsm

Poetry enthusiasts and poets, young and old, and in between, have continued to enjoy bi-monthly gatherings at the Mercy Hub during 2023.

They have shared poems that could be connected to a specific theme recommended by one of the participants, for example: memories; dreaming of the future; flying; and even, 'ekphrasis', which is a poem that describes a painting or other art work. The poets who provide us with their own compositions are always warmly appreciated and applauded.

Sr Ursula Gilbert continues to inspire everyone with her contagious enthusiasm and enjoyment of each person's contribution, with plenty of time for conversation over shared lunch and afternoon tea. We look forward to 2024, commencing in February with the theme, 'youth'.

Contact us: Mercy Hub

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