

Camden Haven Community at 3 Inc. ABN 79 652 261 007

A helping hand for those in need in our community

"..Whatever you did for one of the least of these brothers and sisters of mine, you did for me." (Jesus – Matthew 25:40)

Edition 19 June 2022	YOUR NEWSLETTER Need help? Call Alan (0412-840644) or Theo (0419-370076) or at Comboyne call Ray (0427-117950) We meet every Wednesday at 3.00pm for a FREE MEAL at the rear of Laurieton United Services Club, 2 Seymour St Laurieton – all are welcome
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2 Mission Terrace, Lakewood NSW 2443 PO Box 103, Laurieton NSW 2443 ✉ communityat3pm@gmail.com

☎ 0419-370076  communityat3.org.au  <https://www.facebook.com/communityat3/>

Committee Members: Theo Hazelgrove (Chairman), Alan Kilminster, Fran Burns, Glenn Maas, Hima Karnati, Ann Macinante, Brian Giles-Browne, Ray Peters (Assistant Chaplain), Cec Wasson, Nathan Killick (Public Officer and Chaplain), Dr Sam Nelapati (Patron)

We acknowledge and pay our respects to the original custodians, the Biripi People, and elders past and present, on whose land we walk, work and live.

Are you experiencing
harm or fear
in your relationship?

Drop in for a confidential conversation with one of Liberty's friendly team of domestic violence specialists. Bookings not required.

Every first Thursday of the month
9:30am to 12:30pm
Camden Haven Osteopathic Clinic
155 Nancy Bird Walton Drive, Kew

Call **Liberty** on
6583 2155
or ask our team
for more details.

Find out more about:

- the types of violence and abuse
- taking steps towards safety
- local support services available

A new partnership has begun between
COMMUNITY at 3 and...



We have arranged for a monthly consultation visit to be available at Kew. If you need transport please speak with us and we can organise



You can also call our Domestic & Family Care Unit husband & wife team members or speak to them at the Wednesday meal..



Lesa - 0435-904 278
Philip - 0450-720 663



IS THERE SOMEONE YOU KNOW WHO MAY BE LONELY OR IN NEED?

If so, **INVITE THEM ALONG** to our weekly **FREE MEAL** (details above) where they would be very welcomed and find a sense of belonging in our community. Also, if you know of anyone needing food, clothing, furniture, household items or other needs including transport, please give them our details above and we will be pleased to do what we can for them.



SUPPORT IN FINANCIAL DIFFICULTY

Do you have overdue bills, default notices, utility debts, Centrelink issues, problem gambling, unpaid fines etc? For **FREE FINANCIAL ADVICE**, phone **1300 662 540** for an appointment with

MID NORTH COAST FINANCIAL COUNSELLING SERVICE

and a Government-funded not-for-profit Counsellor

Jerin Kithu can meet with you

at **Laurieton Library** on

Tuesdays between **9:30 am** to **3:30 pm**

WE DO CARE ABOUT THOSE WHO ARE HURTING

Community at 3 was recently called to assist a family in sad circumstances where their 8-year-old daughter had passed away. With our network we were able to assist the family by accompanying them to Kempsey to reunite with their family they hadn't seen for some time.

Community at 3 organised ongoing support for the family and also assisted with funeral arrangements. With practical help, we also always give lots of **love**.



- ✓ Did you know that if the sun stopped shining, human life on earth would cease within weeks.
- ✓ Did you know that most cows produce more milk when they listen to music
- ✓ Did you know that bees flap their wings 200 times every second
- ✓ Did you know that whenever we meet someone who is in need and is also estranged from family, we firstly investigate the possibility of reconciliation, no matter how many years it has been. And, with that person's consent, we try to contact the family and, if they are willing, we organise a **reunion and hopeful reconciliation**. Numerous times that process has solved so many of the issues with which that person first came to us for help.



A WEIGHTLIFTING VOLUNTEER!

Every week, **June** brings to the BBQ a bag with bottled drinks for everyone. At aged 87, it was suggested to **June** that she might bring a light sponge cake instead. It seems **June** likes to work out with heavy weights, and the bottles are just the thing.



MORE DOONAS & HOT WATER BOTTLES

The **Laurieton Catholic Church** continues its wonderful support of **Community at 3**.

Here Volunteer Yvonne receives from Fr. Michael more generous donations of 20 new Doonas (double & queen size) and 15 new hot water bottles.

SPECIAL SPEAKERS NEXT WEEK

On 8th June we will have special speakers, **Jack & Lill Harradine** Pastors from Broken Hill



Jack & Lill

AN UNPREDICTABLE DEATH

We recently were informed of a man who had passed away suddenly. His widow was then forced to leave the rented home as it became unaffordable due to there being now only a single pension with which to pay the rent. **Community at 3** was invited to provide grief support to the lady. She has also been blessed in that she is now settled in comfortable and affordable accommodation.



...this is the casual atmosphere of our **FREE** weekly Wednesday meal

CALLING ALL YOU BOTTLE AND CAN RECYCLERS

All you who are recycling your cans and bottles for 10c each at the **"Return & Earn Machine"**

can donate (if you wish) to **Community at 3**, simply by doing this...



- ✓ **Scan your personal barcode** at the Return and Earn machine before starting your session.
- ✓ insert your containers and select **"Transfer"** on the screen.
- ✓ Select **"Charity Donations"** on the screen
- ✓ Choose **"Camden Haven Community at 3"** and we will receive 100% of the donated refund within 1 week.

Thank you to those who have already donated to us in this way – every bit helps.

