



# Bathurst Uniting Church

Sharing God's love by connecting people to God;  
people to people; and people to community.

Newsletter

August, 2024

## Reflection

### Bridges out of poverty and Getting ahead in a just getting by world

*Bridges out of poverty* and, *Getting head in a just getting by world* are two programs that assist people working with people in poverty, and also assist people living in poverty to identify their situation and gather resources to move out of poverty. Both programs were used in Bidwill, through Bidwill Uniting Church, in a suburb that had the highest level of poverty in Australia. The influence of both programs was transformational. Most of my staff at Parramatta Mission who worked with people in poverty undertook the *Bridges out of Poverty* course as part of their ongoing training. It challenged stereotypes of people in poverty and gave staff and volunteers increased capacity to assist people.

Both *Bridges out of Poverty* and *Getting ahead in a just getting by world* originated in the USA and were designed by Ruby Payne, and colleagues. The programs have been in use for almost 30 years and the workbooks are now up to edition 5. The *Bridges* program is very helpful for giving people who work or volunteer in programs with people living in poverty, to gain a greater understanding, and therefore to be better accompany them on the journey of life.

What follows are some highlights of the *Bridges out of Poverty Course*, and some of my own experiences.

The program is organised into four categories:

- individual behaviours and circumstances,
- community conditions,
- exploitation,
- political/economic structures.

**A possible definition of Poverty:** lack of resources to flourish

**Causes of poverty include:**

- Underemployment,
- truncated skills/education,
- unaffordable housing,
- lack of services.

### Worship Services

#### 9.30am in the church.

You can join worship on Zoom by going to <http://www.bathurstunitingchurch.com.au/> and pressing the purple button.

4 August Rev Keith Hamilton Holy Communion

11 August Rev Keith Hamilton

18 August Rev Keith Hamilton

25 August Rev Keith Hamilton

1 September Holy Communion

#### 'Sunday @ 5'

At 5pm – contemporary, informal, all ages worship in the Activities Hall.

On the first Sunday of each month there will be Holy Communion and a shared meal.

### Staying Connected

For pastoral support, please contact your Pastoral Partner, or one of the Elders, or email

[BUConnect@gmail.com](mailto:BUConnect@gmail.com) and we'll put you in touch with someone.

You can also contact our minister, Rev Keith Hamilton on 0417487446 or email

[keith.hamilton.bathurstuc@gmail.com](mailto:keith.hamilton.bathurstuc@gmail.com)

**Tyranny of the Moment:** Can only think of the moment, not long term. Fewer resources for people living in poverty. People in middle class tend to have more resources, not only money, but people, ideas. People in poverty become paralysed by the problem, tend not to plan ahead, are reactive. Middle class put in place more buffers. Therefore, for people in poverty their normal state is instability and chaos. Stable can feel abnormal, and people may jeopardise the stability to go to chaos, because that feels normal.

**Example of tyranny of the moment:** A person has an appointment. On the day, the neighbour turns up with a problem. Rather than keep the appointment with the doctor or the employment agency, the person will attend to the moment, even though it could wait until later in the day.

The tyranny of the moment is that relationships will predominate over other priorities. But the relationships may not be healthy. Part of walking beside people as they move out of poverty is to assist them find new relationships with people who are not in poverty.

**Generational poverty verses situational poverty.** Someone loses their job, or house, but they have the resources (money in bank, a network of family and friends who can assist, they have the skills to get another job, even if less pay, to get by until they can get back on their feet. It is temporary. That is situational.

Generational: no one in the family in 3 generations has worked. People then become locked into co-dependent relationships, attend to entertainment to deal with the situation and survival. Entertainment becomes a form of escape. Survival means only focusing on the moment. Relationships are so powerful to be binding of what people do, and expectations – connected to the tyranny of the moment.

It is easier to assist someone who has just become homeless into housing than someone who has been homeless for 5-10 years.

Someone who is homeless for as seemingly short a time as three weeks will lose their living skills and go into survival mode. They will become anxious and constantly on alert for danger. Every moment is effortful because they have to make decisions about everything all the time. That is why early intervention in homelessness so important. It is also why such places as the BUSS café can provide a safe place where people who are on high alert can relax a while, breath, and receive the hospitality of others.

**Some necessary resources:**

Financial, emotional, mental/cognitive, language, social capital, physical, spiritual, integrity and trust, motivation and persistence, relationships/role models, knowledge of hidden rules, hope.

When working with people in poverty: need to reconnect people with hope. Hope counters fatalism.

My former staff at Hope Hostel (accommodation for men at risk of homelessness and rough sleeping) used to speak of how “we hold hope for others when they have given up.” It is important that organisations working with people living in poverty, never give up on them. Not only the individual staff and volunteers, but the organisation, as a whole, holds hope. This is a connection with the Christian faith. The church holds resurrection hope for people who have lost all hope. That resurrection hope of the church is expressed as never giving up hope for others.

### **5 stages of change:**

- pre-contemplation,
- contemplation,
- preparation,
- action,
- maintenance and
- relapse.

Relapses happen. A person accompanying someone in poverty can assist by suspending judgement, and encouraging the person on the progress they have made, and encourage the person to start again.

### **3 pillars of trauma informed care:**

safety, connection, emotional regulation.

**Safety:** Providing a safe place where people speak and act in a way that is safe – no yelling, no coercion, no emotional blackmail. Speaking with a calm voice.

**Connection:** social connection verses social isolation.

It takes a whole of community approach to alleviate poverty: government, for profits/corporates, not for profits/civil society, churches. We need to work with everyone to get the best outcome.

**Emotional regulation:** means not only the people who support, volunteers and staff, also other guests. People are held to account for their behaviour – need to make reparations for hurtful or abusive behaviour including making apologies before re-engaging. Can be the difference between a safe place and an unsafe place.

**Mental models:** These are pictures in the mind that help us learn quickly and remember longer: story, video, cartoon, analogy, metaphor, diagram, chart or drawing.

**Mental models of poverty:** An internal picture of how the world works. For dialogue to occur, we have to suspend our mental models.

**Mental Models:** relationships: these are affected/shaped by the following: Housing, food, children, entertainment, agency time, cars, family and friends, crime and safety, jobs and money, illness.

No significant learning and change is likely to happen without relationships. Need to create strong, healthy relationships. Relationships can have a cost: time, either empowers or disempowers.

**Hidden rule:** The enculturation in which a person grows up and is taught. Hidden rules influence behaviour. They are the norms for a culture. knowing the different sets of hidden rules allows one to negotiate more environments successfully. The unspoken habits of the group. The “done thing.” The hidden rule to change behaviour (formal, informal language) to suit context. Hidden rules can apply to family, workplace, class. In a class, need to have been born in the class to know. Need to understand the hidden rules of middle class to move from poverty into the middle class; need to know what is expected. E.g. hidden rules: what you wear to court, to the club, to the shops, a job interview, to the footy; as well as what is said and the way it is said. In many situations the hidden rule is don’t overshare, yet some people do not know this social nuance

**Hidden rules** about time, eye contact, cultural norms.

**Hidden rules:** the dominant culture will think hidden rules are believed to be the best.

**Driving forces:** poverty, middle class, wealthy – have different drivers. Different drivers have a shadow side as well as a good side.

- Poverty: relationships: Good: relationships provide support, shadow: relationships can hold back.
- Middle class: achievements: good: press forward; shadow: forsake being for doing.
- Wealth: connections: good; able to influence and make change; shadow: the connections can be with a certain strata of society, and isolate from the whole.
  
- **Poverty:** survival, relationships, entertainment
- **Middle Class:** work and achievement. Driving force of the middle class is with work and achievement; not enough time for family and friends. Sometimes a middle-class social worker validates the oversharing of a person by giving a voucher for their having been told a story.
- **Wealth:** wealth, political

**Language. Language.** Registers of language. Different registers of language are use in different contexts. Related to the hidden rule. Examples are: Frozen, formal, consultative, casual, intimate.

**Driving forces:**

- **Poverty:** people,
- **Middle class:** things,
- **Wealth:** depends upon who has the money
  
- **Poverty:** most important decisions are made for the moment based on feelings or survival
- **Middle class:** most important decisions are made against future ramifications
- **Wealth:** and history most important. Decisions made partially on basis of tradition/decorum

Vocabulary: Generational poverty: people have fewer words. Unable to express themselves, this means talking around the issue, telling stories. They can become frustrated and escalate because they have run out of words to describe or talk about a particular thing.

Children aged 1-4 in stable households by economic group. This is a generalisation, but a useful guide.

- **Welfare:** 13 million words; 1 affirmation for every 2 prohibitions
- **Working class:** 26 million words: 2 affirmations for every 1 prohibition.
- **Professional:** 45 million words. 6 affirmations for every 1 prohibition.

**Resources:**

Financial, emotional, mental/cognitive, language, social capital, physical, spiritual, integrity and trust, motivation and persistence, relationships/role models, knowledge of hidden rules, hope.

**Social capital:** People need relationships with people from different areas of society.

People in poverty tend to only have relationships with people in poverty: they need bridging capital to move out of poverty. People need things like clubs, work, school, formal organisations, religious organisations to meet people from other parts of society.

Bridging is changing culture. Bridges out of poverty is the work of building bridges, creating bonds with the new culture.

The above is a brief summary of *Bridges out of poverty*, and *Getting ahead in a just getting by world*. I find them useful tools as a Christian walking beside people in their journey of life. I think it important that we treat people as a gift of God made in God's image, and for whom Christ gave his life on the cross for the healing of brokenness, and the resurrection of Christ is a gift of a new creation of hope and life in its fulness. An important part of this is the language we use. Not a homeless person, but a person who is homeless. Not a mentally ill person, but a person with a lived experience of a mental illness, or even mental health issues. Not the drug and alcohol addicted, but a person with substance issues. We start by seeing the person not as a problem to be fixed, but as Jesus sees them.

Blessings

Keith Hamilton

1 August 2024

### **Refugee Sunday Service – 22<sup>nd</sup> September 2024**

The annual Refugee Sunday Service, which is rotated around the Churches, this year will be held in the Catholic Parish Centre at 3.00pm on Sunday 22<sup>nd</sup> September.

The Theme this year is "Finding Freedom: Family."

The Speaker this year will be Anni Gallagher, the Migrant Support Worker from Orange. She will be bringing a number of the Ukrainian Refugees who have settled in Molong and Orange with her.

Everyone is warmly invited to this Service.

As part of the celebrations of the 150<sup>th</sup> Anniversary of the installation of the William Davidson Organ in the Uniting Church, William Street, Bathurst, a series of lunchtime free Recitals are being held.

Bring your lunch, a cuppa will be provided, and enjoy hearing our historic Organ.



#### **Recitals coming up: (put them in your diary!)**

14 August	Peter	Accomplished and well known local Organist
11 September	Denise	Music Teacher, Scots All Saints College

### **BUSS NEWS**

#### **Annual BUSS Volunteer Training**

If you are a BUSS volunteer or interested in volunteering with one of the BUSS programs and activities, you are invited to attend a training session on either -

Sunday 4th August 2.30-3.30pm or Tuesday 6th August 7-8pm.

The sessions will be in the BUSS rooms at the back of the Uniting Church in William St.

If you would like more information, please contact us.

## BUSS Open Mic Night

Wednesday 7 August 6.30pm to 9pm in the Activities Hall

If you play an instrument or sing and have always wanted a space to share your talent you are welcome to join in. If you would just like to come and listen you are also welcome!



**"Christmas in July" lunch.** Last Saturday BUSS held a 'Christmas in July' lunch instead of the usual café lunch. The Activities Hall was jam packed with over 80 people who enjoyed the delicious roast chicken dinner and all the trimmings; and pavlova and chocolates for dessert.

The live music from our Music groups and art work by some of our very talented artists made the Christmas lunch even more special. A big thank you to many people who helped make the lunch an enormous success.



This week our amazing team of cooks made up 80 meals for the Café freezer!



### PLEASE NOTE

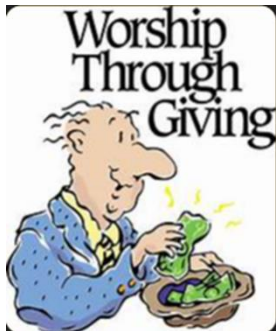
The newsletter email address is [bathurstucanews@gmail.com](mailto:bathurstucanews@gmail.com). Please send items by 9pm on the last Wednesday of the month

Please send news or information for the website to [allanwray@hotmail.com](mailto:allanwray@hotmail.com)

### Mowing Roster

August Henry and James

7 September Peter



### Many Ways to Give:

**There is now a Tap and Go facility in the church foyer where you can give to various options with your card.**

**To pay invoices issued, to donate to the work of the Church, donations to the Organ Fund, etc:**

**For electronic remittances only @ UFS:**

**BSB: 634634 Account No: 100019125**

**Account Name:** Bathurst City - Working Account

**Narration:** Please indicate why the funds are for.

**For cash or cheque deposits @ Reliance Bank**

**BSB: 882000 Account No: 300003447**

**Account Name:** Bathurst Uniting Church

**Narration:** Please indicate what the funds are for by asking the teller to enter it into the Bank system.

**For Giving Direct and Offertories:**

**Please see Deb Mina if you wish to set up a regular Direct Debit or Periodical Payment.**

**BSB: 634634 Account No: 100027964**

**Account Name:** Bathurst City - Giving Direct

**Narration:** None is required as these deposits are completely anonymous

**Bathurst Uniting Support Services (BUSS)**

**For the work of BUSS as a General Donation or for a Specific Program being run by BUSS**

**BSB: 634634 Account No: 100049962**

**Account Name:** Bathurst City – BUSS

**Narration:** Please indicate what the funds are for, or if you wish to make an anonymous donation a narration is not required.