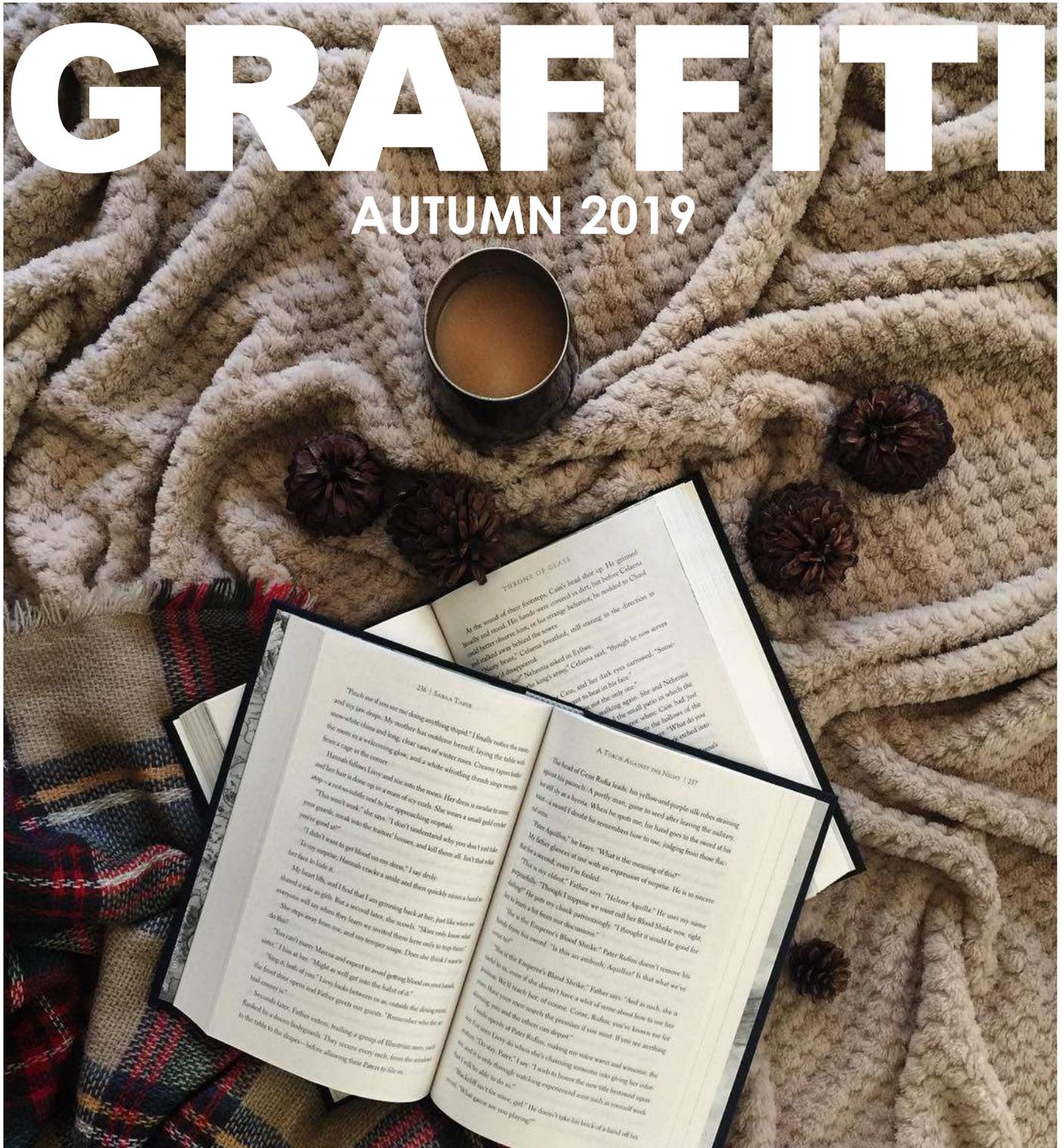


GRAFFITI

AUTUMN 2019



ONE IN JESUS
LUTHERAN YOUTH
LYV
MINISTRY
VICTORIA - TASMANIA



LUTHERAN CHURCH
OF AUSTRALIA
where love comes to life

'REST'

A Quarterly Magazine for the Youth & Young Adult Ministry of the LCA Vic-Tas District

TAKE TIME TO RELAX!

Taking time to relax every now and then is important for everyone. We all need time to unwind to help us cope with the stress of life. Personally I find myself needing to unwind any time I've been out all day meeting new people and socializing...(oh the joys of being an introvert), by curling up in bed with my cat and having some time to just be by myself. When I've had a really tough few weeks at uni or work I find one of the best things to do is run off to my family's caravan in Daylesford and stay up there for a couple of days. You're surrounded by the bush, and can feed birds and go on walks around the lake - I highly recommend checking out Daylesford if you haven't already.

Remember to put aside time for yourself, you're important and you deserve some rest. Whether that means reading a book before bed, or playing video games after school!

- Becc Edwards



Lake Jubilee in Daylesford - Where there are peacocks running by, and kookaburras and rosellas flying around *swoon*.

You are reading LYV's GRAFFITI magazine.

GRAFFITI is free to receive via email, and is also available in two hardcopy formats:

1) FREE hardcopy publications are for:

- anyone in their first or second year following high school (or moving to Melbourne and active in our community)

[WELCOME TO YOUR 1ST ISSUE, YEAR 12 GRADS!]

- Lutheran Congregations and their Pastor in Victoria & Tasmania

2) Everyone else is asked to contribute a \$10 annual subscription to receive a printed real-life-hold-it-in-your-hand copy posted to you in the mail. If this is you, please transfer \$10 into the LYV account, and send us an email so that we know to look out for it:

'Lutheran Youth of Victoria'
BSB: 063 109 Acct #: 1015 1004

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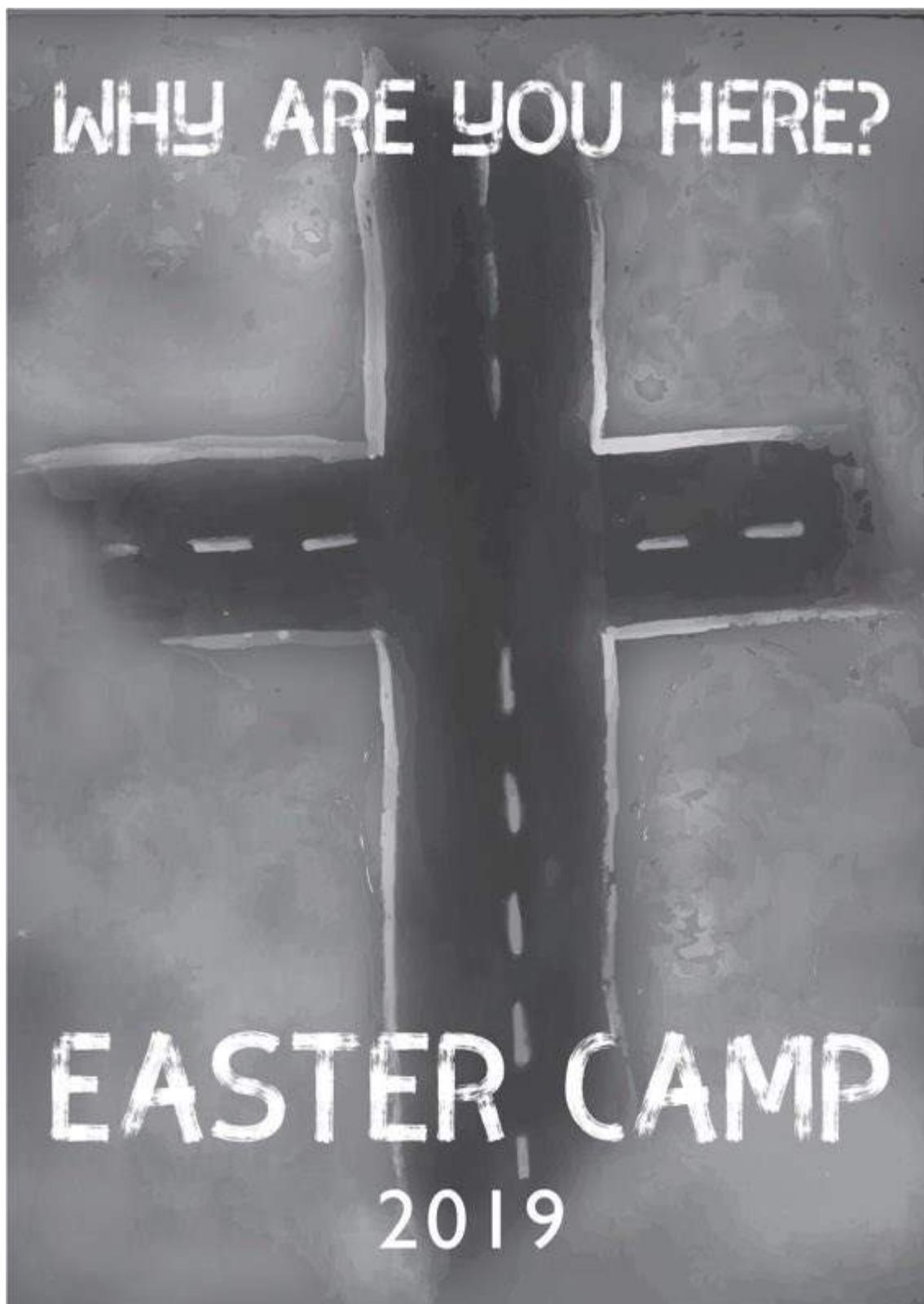
GRAFFITI AUTUMN 2019 - REST (which happens to be Issue 3 of 2018) is compiled by this bunch of venerable volunteers and contributors:

- Jacob Koehler
- Jemimah Juers
- Matthew Kreymborg
- Becc Edwards
- Maya at LYV

We welcome contributions for future issues from any of our readers!

Email us with the subject 'UNSUBSCRIBE' if you no longer wish to receive an electronic copy of GRAFFITI. We will also consider any material (articles, jokes, film/book reviews, questions for Shak, etc) for future editions of GRAFFITI via the same email address:

contactgraffitimagazine@gmail.com



SAVE THE DATE: EASTER CAMP 2019 IS SOON!

From the 18-22 April 2019 Easter will be taking place at the Log Cabin Camp in Creswick (just 15min from Ballarat). If you're aged 16-35+ then come along to have fun with fellow Christians!

RECIPE: NIÇOISE SALAD

This was a recipe I was given to by a school I volunteered at. I got to work with the kids in the kitchen and help them follow the recipe and gain cooking skills. I really enjoyed this salad because it was really nice to eat and the kids had fun making it so I hope you do too! - Matthew Kreymborg

INGREDIENTS

SALAD

- 3 potatoes, quartered
- Handful of green beans, trimmed
- 2 eggs
- 425g can of tuna
- 2 tomatoes, quartered
- Lettuce leaves, washed
- 3 anchovy fillets
- Nicoise dressing (see below)



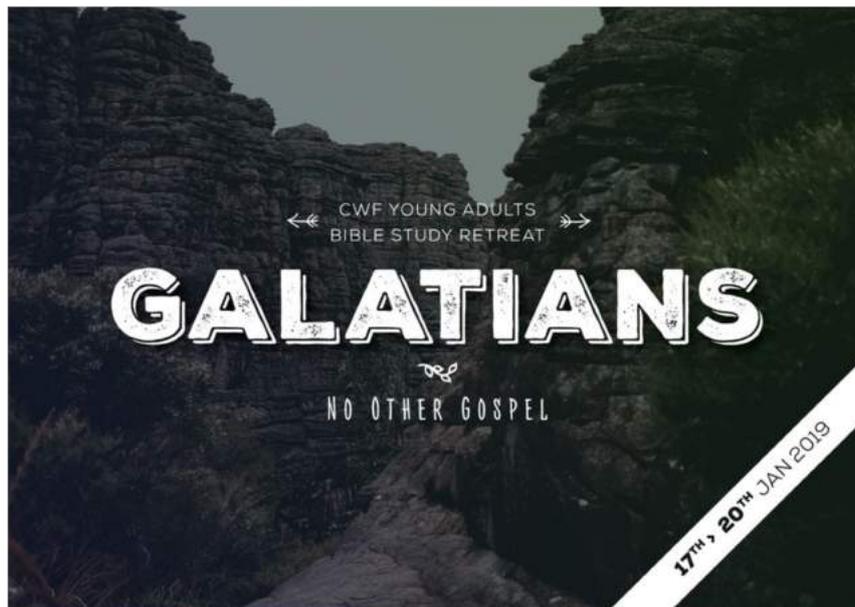
NICOISE DRESSING

- 1/3 cup of olive oil
- 1/3 cup of red wine vinegar
- 1 tablespoon of Dijon mustard

METHOD

1. Bring 2 saucepans of water to the boil. Reduce heat and cook the potatoes in gently simmering water until just cooked.
2. Blanch the beans in boiling water for 4 minutes. Remove and rinse under cold water.
3. Place eggs in cold water and bring to the boil. Simmer for 8 minutes. Allow to cool before peeling and quartering. Line salad bowl with lettuce. Arrange tuna, tomatoes, chopped potatoes, beans and eggs in bowl.
4. Mix dressing ingredients together and drizzle over salad.
5. Serve.

CWF YOUNG ADULTS BIBLE STUDY RETREAT



Pastor Levi Graham explains what it's all about...

In January I got the pleasure of going to the third Young Adults bible study retreat Camp at Tandara. I've been to all of them, enjoying the atmosphere as well as the focus on bible teaching. Each time we've got around 40 people aged 18-near 40 and this time we got plenty of kids tagging along.

The Bible study on Galatians was the main part of the weekend. We had sessions for most of the morning and then the whole afternoon off to catch up with Christian mates, talk about what we'd learnt or misheard and enjoy Hall's gap.

This time the weather was heaps more favourable than last time and it was great meeting Christians from many different walks of life and encouraging each other to focus on Jesus and our Salvation in Him alone.

JORDAN SAID...

This was my second time attend the CWF Retreat, and it was pretty good! For me the highlights were getting to spend time with some of my extended family I don't get to see often, hanging out with a lot of friends (including lot's of pastors from the district), and going rock climbing. CWF is a very confessional, conservative group, and whilst it meant that the teaching was very solid, it was also a bit of a struggle for me at times, especially as I didn't really have anyone there who shared my perspectives on some areas of theology. But overall it was still a really good time! Plus, Tandara now has air-conditioning in the hall which makes a summer camp there a lot more bearable!

HAYLEY SAID...

I really loved the CWF retreat this year. It was so so good to spend a quality amount of time in bible study and worship, and see new and old friends.

CWF always puts a lot of effort into their studies. Always absolutely solid and deep. They are run by a speaker, and have plenty of time to ask questions. Even those questions you've had for a while but no opportunity to ask!

I always find the retreat such a great time to refresh for the year ahead. I came home this year feeling strengthened and encouraged. Being able to switch off and focus on God's word can be a struggle, so the camp is a great excuse to do that. Switch the phone off and just learn and receive.

The camp is always welcoming. People attend from all different faith walks, some new Lutherans, some pastors, and from all different areas. It's a great opportunity to meet new friends and chat and learn from them, and create a more connected Lutheran community.

The afternoons are all free time so we spent them on hikes, rock climbing, going for a quiet stroll, eating ice cream or swimming to name a few! And there's always plenty of board games and banter to be had in the evenings.

I really really encourage everyone to sign themselves up when the registrations come out for next year! It's a fantastic way to spend your summer break, be strengthened in God's word, and meet like minded Christians!

EASTERN SUBURBS LUTHERAN YOUNG ADULTS ...

... is a vibrant and diverse community of young people aged 18–30ish based in Box Hill (Melbourne) who love fun, food and Jesus.

... meets fortnightly for food and fellowship

... alternates between a dinner & games night (cost \$5) and a Bible study & supper night.

Here's some pictures from our first event of 2019 - the BBQ and Movies night! We watched 'The Castle', played some games, shared a meal and just enjoyed the general vibes and serenity of the night, and of course the classic catch-phrases from the movie.

Thanks to everyone who came! It was such a fun time and we hope to see you all around at future events and bible studies! 😊



GRAFFITI SURVEY

Keep an eye out for this Graffiti survey coming your way soon in March! If you don't get one, it's probably because we don't have your email address! So please email

contactgraffitimagazine@gmail.com

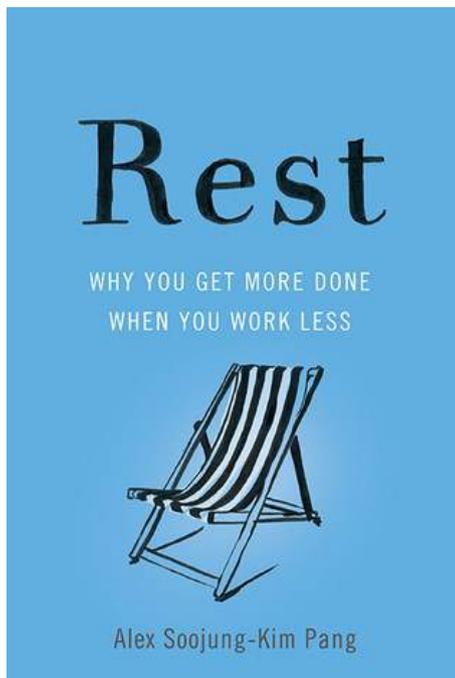
and ask us to add you to the list.

In the meantime, muse over these questions so you are ready to respond when the survey arrives!

1. Do you receive Graffiti by email or post? EMAIL / POST
2. Do you print off Graffiti to read, or read on the screen? PRINT OFF / READ ONLINE
3. What do you think about the length of Graffiti – is it too long, just right, or too short?
TOO LONG / JUST RIGHT / TOO SHORT
4. Which of the following contributions / articles do you most enjoy reading?
 - a. Memes
 - b. Pastor's Choice
 - c. Recipes
 - d. Ask Shak
 - e. Movie reviews
 - f. Book reviews
 - g. Event photos and reports (eg Easter Camp, SYG etc.)
 - h. Vox Pops
 - i. Other
5. Other suggestions for things we could include (eg Podcast reviews, Catechism highlights, 10 questions with (spotlight on individual LYVers): WRITE YOUR OWN SUGGESTIONS!
6. In the past, some of the themes we have had are: Discipleship, The Reformation, Inspire, Relationship with God, Encountering Conflict, Awkwardness, God and Nature. Do you like any of the following theme (overall theme) suggestions?
 - i. Life of a Uni Student (eg studying tips, surviving group assignments, balancing uni and fun)
 - ii. Stress and Recovery (eg times when you might get stressed, stopping stress before it happens, top ways to recover, is stress helpful?)
 - iii. Who the heck is Marie Kondo? (eg simplicity, society's obsession with more, the best op shops, the science of shopping)
 - iv. ADD YOUR OWN!
7. Other feedback/comments/suggestions
8. Would you like to help out with the production of Graffiti (sourcing or writing articles, pictures, quotes, reviews, editing and formatting) – WRITE YOUR NAME _____

BOOK REVIEW by Jemimah

Rest: Why You Get More Done When You Work Less by Alex Soojung-Kim Pang



Have you ever been stumped by a problem or task and find the answer after taking a break such as going for a walk or just going to the toilet? Or waking up from a sleep with the perfect solution to something that's been troubling you? That's what this book is about, on a bigger scale.

I first heard about this book while listening to the Life Matters podcast on Radio National back in 2017. I find it such a fascinating concept and so interesting learning about the connection between rest and work.

The author explores various elements that have an impact on work/productivity/creativity in these ideas: four hour work day, having a morning routine, taking a walk, having naps, hours you sleep at night, and more.

Pang did extensive research and studies exploring how to get the most out of rest and how it affects people's lives across the world. I particularly found it interesting that the benefit of a holiday peaks after a week, so whether you choose to go on a two week or a six week break, the results are the same.

It's obviously challenging in our society where work and busy-ness are valued, and also correlates time spent at work with productivity, but this book reminds me that there is much value in having a good balance and also making the most of our 'time off'. Pang uses the terms 'active rest' and 'deep play' to help

illustrate this point. Even now in my life as a parent of two little ones, this is such an important concept and practice – even perhaps more important now than when I was studying or working! When you are constantly around other people you might only have an hour's break to yourself while they are sleeping, and that time is often taken up making dinner or hanging washing up, or eating lunch or going to the toilet! I have learnt through experience that due to the little 'free time' I have to myself, I need to use it wisely in order to get the most refreshment out of it. Sometimes I just need to take a nap, but I have found that the times I was distracted with YouTube or Facebook on my phone, or when I watched some tv, I feel CONSIDERABLY less refreshed than if I do some pilates exercises, take a walk, play some guitar/piano, or even read a good book! I totally resonate with the idea that what you do with your rest time can either make you more tired or more refreshed.

I'd definitely recommend this book! At the very least, it's an interesting and thought-provoking read and at the most, you could learn some useful tips to improve your life and productivity!

ASK SHAK!

1. Dear Shak, do you prefer having one big holiday a year or taking short breaks throughout?

I generally prefer to take shorter breaks throughout the year if at all possible. I find that regular breaks give me a more balanced view of life, as they prevent me from getting caught in ruts and keep everything fresh.

However it also depends on the stage of life one finds oneself in. During my time working for the Department of Defence, taking regular breaks away was difficult to wrangle, and I found that my time off tended to lump itself into less frequent clogs. This is when taking mini-breaks during my everyday routine was super helpful. Just small things like putting some time aside to pursue a hobby, get away for a weekend, or read an entire book from start to finish were really helpful for re-creation time.

2. What do you like to do to take a break and have some refreshment from the tasks of everyday life?

I've really been getting into nanna-crafts lately. Macrame wall hangings, wombat-themed decoupage, the odd bit of tatting, and making pet rocks using googly eyes are all serenely calming activities that result in bringing some creative order out of chaos (plus, special gifts to give to my friends). Any activity where I get so absorbed that I lose track of time and forget to eat is one of restoration to me.



BIBLE VERSES TO HELP YOU REST

Matthew 11:28-30

28 “Come to me, all you who are weary and burdened, and I will give you rest. **29** Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. **30** For my yoke is easy and my burden is light.”

Genesis 2:2-3

2 By the seventh day God had finished the work he had been doing; so on the seventh day he rested from all his work. **3** Then God blessed the seventh day and made it holy, because on it he rested from all the work of creating that he had done.

Mark 2:27

27 Then he said to them, “The Sabbath was made for man, not man for the Sabbath.

Psalms 4:8

8 In peace I will lie down and sleep, for you alone, LORD, make me dwell in safety.

Psalms 23: 1-3

1 The LORD is my shepherd, I lack nothing. **2** He makes me lie down in green pastures, He leads me beside quiet waters, **3** He refreshes my soul. He guides me along the right paths for His name’s sake.

Hebrews 4:9-11

9 There remains, then, a Sabbath-rest for the people of God; **10** for anyone who enters God’s rest also rests from their works, just as God did from his. **11** Let us, therefore, make every effort to enter that rest, so that no one will perish by following their example of disobedience.

HEY, YOUNG ADULTS,
LOOKING FOR A CHRISTIAN COMMUNITY?

COME CHECK OUT **SNAS** (SUNDAY NIGHT AT ST JOHN'S)



For more info:
Pastor Matt: 0400 980 362
email: matthew.thomas@lca.org.au
Maya: maya.kk@lca.org.au
Hannah:
hannahadoyle@gmail.com



Sunday Night at St Johns



- We're for students & young adults, 18-30+
- We worship Sunday nights at 6pm (at St John's Lutheran church, 20 City Road, Southgate. Just across the Yarra from Flinders St Station)
- We gather in small groups around Melbourne
- We're a part of the Lutheran Youth of Victoria
- We're also involved with camps and congregations throughout Victoria!

VOX POPS -

WHAT WAS YOUR FAVOURITE HOLIDAY?

About 3 years ago my family stayed in Philip Island for a couple days to celebrate my parents' 20th anniversary. It was fantastic! We spent our days sleeping in, going to the beach, playing board games and spending time as a family doing touristy stuff!

Maria Sladeczek

I think the best holiday I've had was a few years ago, when my mum, sister and I stayed at our caravan in Daylesford for about a week. It was hot, so I got to just read a book and eat snacks by the lake every day. It was nice week of just spending time with family in the country.

Becc Edwards

My favourite family holiday was when I was 7 years old and we went to Queensland for a holiday, all my brothers and my parents and I and it was the best holiday I have been on. It was our first time together as a family going interstate that involved flying so the whole experience was amazing. We got to go to the theme parks, we were treated to a limousine ride around the Gold Coast and we spent endless days by the beach.

Emilie-Rae Woodhead

A few years ago our family went to Cambodia. We did some sightseeing and toured most of the country. The culture shock was just awe inspiring, it was just like no place I'd ever been. The history was rich with the tragedy of the khmer rouge and the religious experience visiting the temples gave me a reality check in the simple awesomeness and vitality people found in these temples widened my perspective. Amazing trip, definitely recommend.

Jesse Spike

LYV CLASSIFIEDS

To submit any news, events or other announcements please email contactgraffiti@gmail.com

LYV'S EASTER CAMP:

When: Thu 18 - Mon 22 April 2019

Where: Log Cabin Camp, Creswick VIC

A camp for young adults (16-30s) held slightly West of Melbourne over the Easter long weekend. Come along for a Christian camp with peer-led bible study, worship, and fun games 'n' shenanigans!

FUTURE ENTERTAINMENT AT SNAS:

To keep up to date with SNAS happenings, we recommend joining the SNAS Facebook Group:

www.facebook.com/groups/sundaynightatstjohns

SMALL GROUPS IN VICTORIA

Contact justin.m.seidel@gmail.com for more info on any of the groups, or if you have one that's not listed here!

Westside (Melb): Fortnightly Tue or Thu
Box Hill (Melb): Fortnightly Wed
Ballarat: Fortnightly Wed
Bayswater North: Fortnightly Wed
Grovedale (Geelong): Fortnightly Thu
Nhill/Jeparit: Monthly Fri

SYG 2019

Save the date - takes place over the Queen's Birthday long weekend in June! Keep an eye out on the LYV Facebook page for regos and consider joining the **LYV Lyzards** closed group on Facebook to keep up to date with lead-up events and plans for that weekend!

www.facebook.com/groups/LYVLyzards

CLW - Expressions of Interest

Contact Rachel Kreymborg for more information:

rachelkreymborg@gmail.com

CLW Purple: 1-5 July 2019

CLW Orange: 30 Sep - 4 Oct

LCA VICTORIA-TASMANIA DISTRICT OFFICE

755 Station Street, Box Hill VIC 3128

Tel: (03) 9236 1200

Pastor for Youth & Young Adult Ministry

[Currently in the Call process]

pastor.lyv@lca.org.au

Youth & Young Adult Ministry Facilitator

Maya Kraj-Krajewski

Tel: (03) 9236 1220

maya.kk@lca.org.au



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