

# *Blitztheblues*

## World Mental Health Day

Tough Talking and Truth Telling for Loving Kindness

10<sup>th</sup> October, 2020

Bec Enders: Huon Valley Mayor

Rodney Dillon: Aboriginal elder & Amnesty International

Sergeant Andrew Fogarty: Tasmanian Police Huonville

Rev. Ian Cartmel: Huonville Community Church

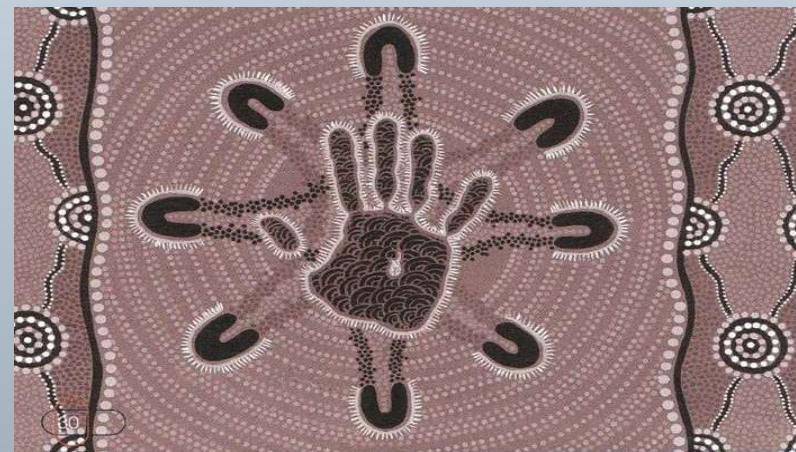
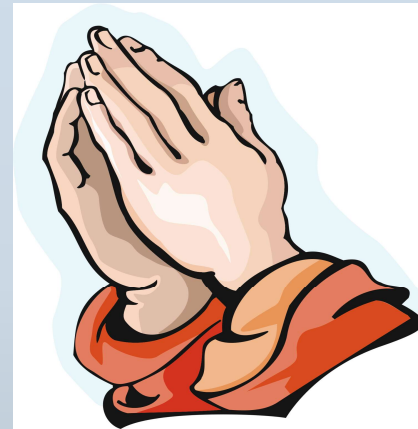
Ruth Parsons: Co-Ordinator of GROW Tasmania

Sue Carlyon: RN, Educator, and Director of Blitztheblues

*The DayStar Duo – Rob and Ailsa Nicholls*

# Acknowledgements

I acknowledge God in our midst, and I acknowledge the traditional custodians of the land and rivers of Australia. I also acknowledge the ancestors of each one of us – those who have contributed to making us who we are today.



# Religious and Scientific Discrepancies

IN THE BEGINNING



Southern Hemisphere

Approx. **65,000++yrs** Aboriginal Australians  
carbon dated scientifically  
approx. 250 Tribes + over 600 languages

*spiritual*

*spiritual*

**1788** British invasion  
religion & colonization

**21<sup>st</sup> Century chaos**

CLOSING the GAP

The SOLUTIONS = TRUTH, RECONCILIATION, UNITY & LOVING KINDNESS

FIRST CENTURY

Northern Hemisphere

Approx. **5 - 6,000 Yrs**  
Adam & Eve

*religious*

1440BC Moses & The Ten Commandments

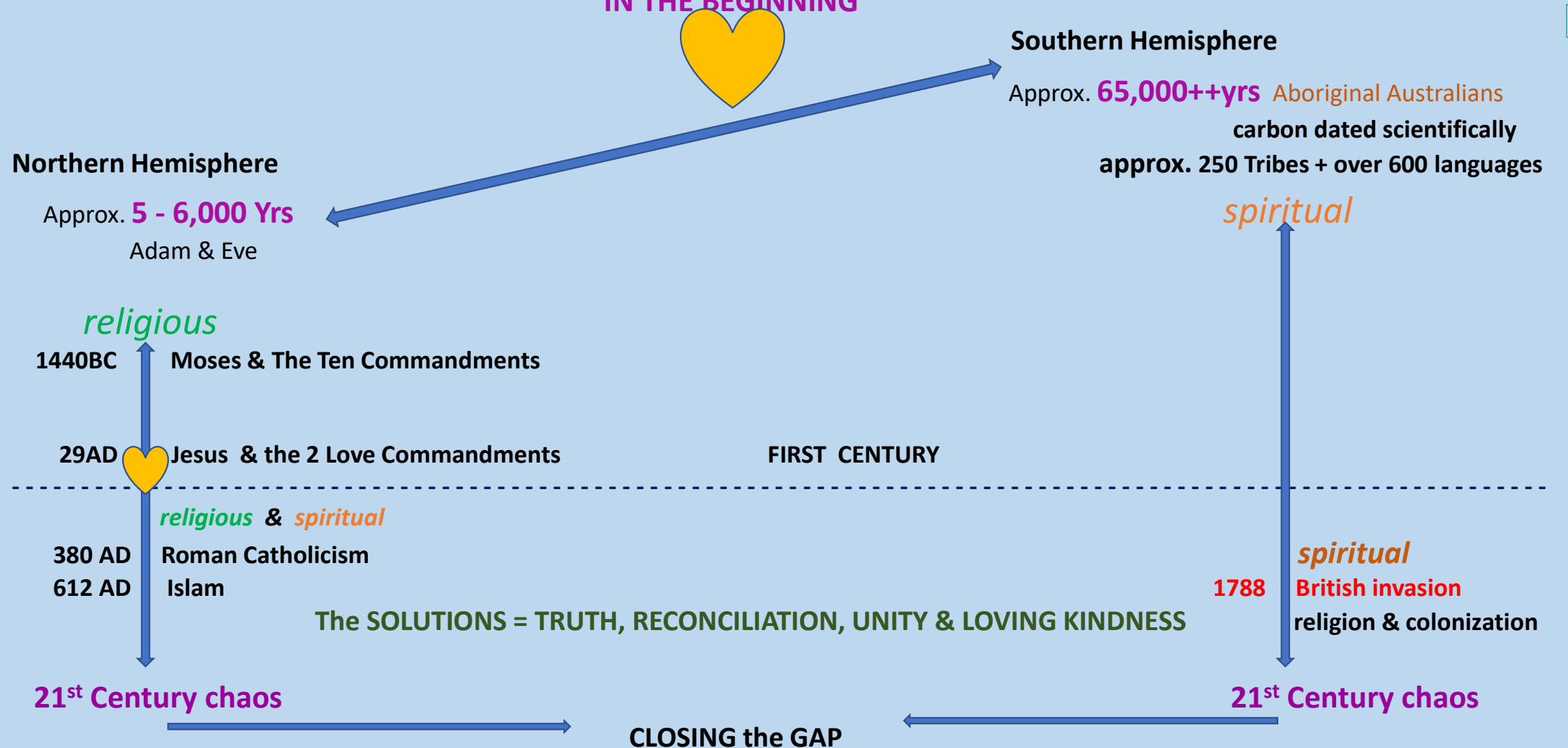
29AD Jesus & the 2 Love Commandments

*religious & spiritual*

380 AD Roman Catholicism

612 AD Islam

**21<sup>st</sup> Century chaos**



**Slide 3**

---

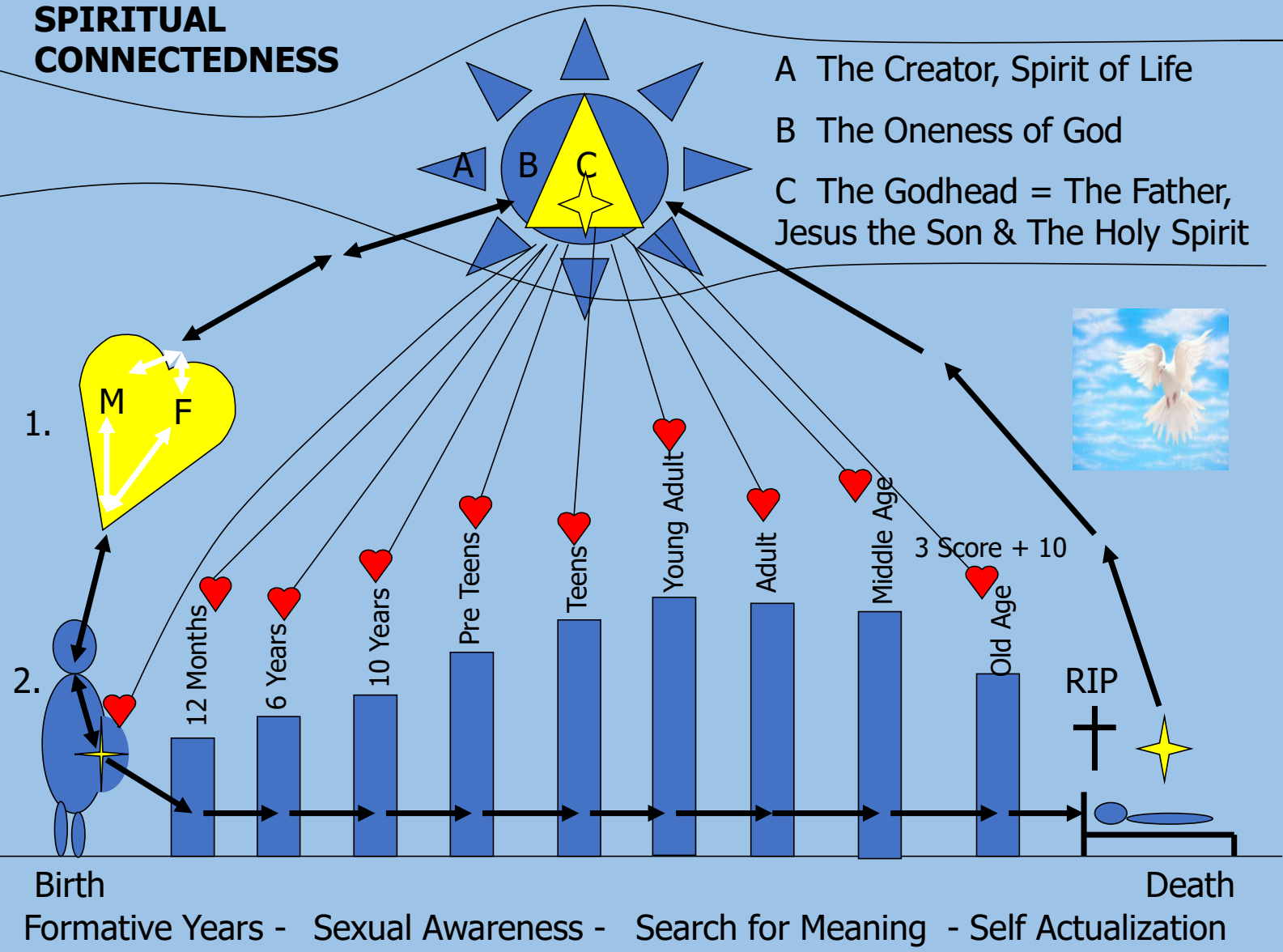
**SC1**

Susanna Carlyon, 26/09/2020

Knowledge = Physical, Emotional, Mental, Spiritual, Social, Environmental, etc. =

# SPIRITUAL CONNECTEDNESS

- A The Creator, Spirit of Life
- B The Oneness of God
- C The Godhead = The Father, Jesus the Son & The Holy Spirit



Formative Years - Sexual Awareness - Search for Meaning - Self Actualization

## The JOURNEY of LIFE

# *The Fear Factor*

***“God has not given us a spirit of fear, but one of power, and of love, and of a sound mind.”***

**2 TIMOTHY 1:7, NT. Paul of Tarsus 48AD**



# BRUISED

# BLOODIED

# BROKEN

**Emergency workers on the front line are at breaking point, with more than 150 Tasmanian police and ambulance staff off duties due to injuries or mental health issues**

**FULL REPORT P8-9**



## Virus suppression 'close to miracle'

TASMANIA'S border closures were justified to mitigate the chance of a second wave and the threat to a stretched health system, a panel hearing into the state's COVID-19 response has heard.

Public Health Association of Australia chief executive Terry Slevin said the natural advantage of a "moat around Tasmania" and a hard border policy had so far largely shielded the state from the worst ef-

fects of the killer virus. "The fact we've got to this stage is close to a miracle," Mr Slevin said. "It's been assisted by ... the moat around Tasmania and the ability to shut airports."

REPORT, PAGES 4-5

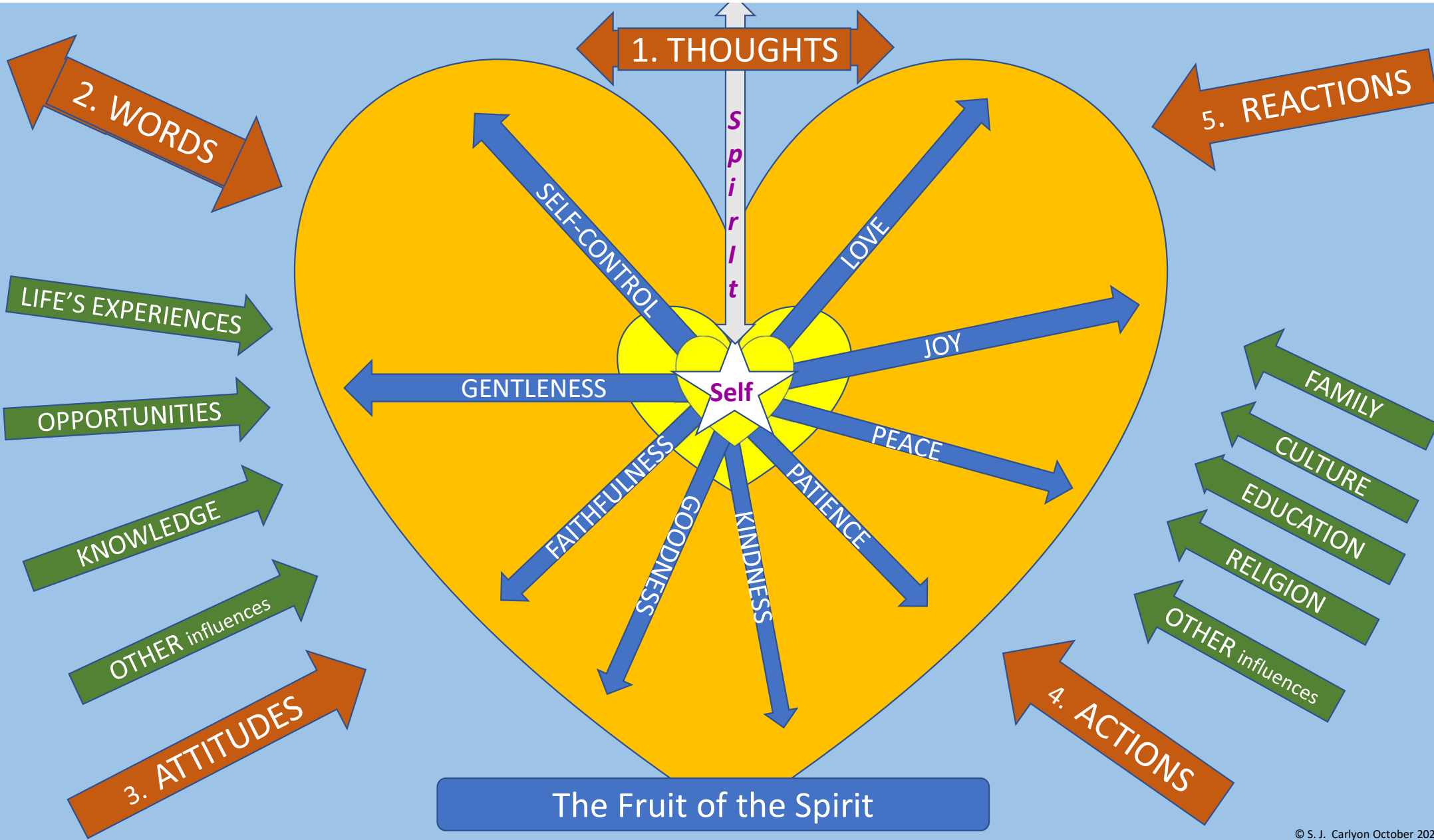
## Concerns over super s

JUST half of all Australians will be able to self-fund their retirement by 2070, new research says.

Projections by actuaries Rice Warner show the latest generation of workers — just starting out in their cho-

sen profession — only has a 50-50 chance of not having to rely on an age pension.

The alarming outlook is compounded by the fact more than \$33bn has been taken out of super funds in the COVID-19 early-releas-



The Fruit of the Spirit



# Biblical definition of LOVE

**LOVE** is kind and patient

never jealous, proud or rude.

**LOVE** isn't selfish or quick tempered.

It doesn't keep a record of wrongs that others do.

**LOVE** rejoices in the truth, but not in evil.

**LOVE** is always supportive, loyal, hopeful and trusting.

**LOVE** never fails.

(13) For now there are **faith, hope and love.**

But of these three, the greatest is **LOVE**

## Marie Curie 1867 - 1934

“We cannot hope to build a better world  
without improving the individuals.

To that end each of us must work for our own improvement  
and, at the same time,

share a general responsibility for all humanity,

our particular duty being to aid those to whom we think we can be most  
useful”

# RECONCILIATION

- Acknowledging our common humanity & our frailties
- Identifying the cause of the conflict
- Apologizing or forgiving as appropriate
- Restoring or establishing friendly relations where possible, and **if** prudent
- Accepting differing opinions that allows for unity and not division



# Mental Health and wellbeing through Spiritual Insight



***There is a physical body, and there is a spiritual body***

1 CORINTHIANS, 15:44, NT