

THE LIGHT OF THE WORLD
HE IS RISEN
the true meaning of **Easter**

Easter is the oldest and one of the most important holidays on the Christian calendar.

There is a great and rich spiritual meaning behind this holy holiday.

It is the celebration of Jesus Christ's resurrection from the dead.

Easter is celebrated on Sunday and marks the end of Holy Week, the end of Lent and the last day of the Easter Triduum (Holy Thursday, Good Friday and Easter Sunday).

Easter is a time to remember that we are all saved.

By sacrificing himself,
Jesus Christ saved humanity
from the shackles of sin.

His eventual resurrection is a promise of a new life.

It shows us that our faith in him is
alive & powerful.

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Ali Qureshi**

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Reflection**

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Wonderword**



A Time For Reflection & Connection...

Welcome to Easter's Chat Monthly.

We have some wonderful reads in this month's issue that really **embrace the ideas of reflection and connection**. I hope that they leave you feeling inspired to reflect on the connections that you have within your own life.

You will also notice in this issue that we have some **BIG news** to start sharing with you! **We're changing our name here at CentacareCQ** and as valued clients we want **you** to be the first to know.

While we aren't quite ready to share all the details with the world just yet (*you won't want to miss the next edition of Chat!*), all clients should soon expect to receive a letter with more information about this exciting change.

I wish everyone a happy Easter.

Flavia Prospero

General Manager Health & Wellbeing Services
Northern Region

Upcoming name change!

Exciting news, CentacareCQ has a new name and identity on the way!

We'll have the same great team, the same services and supports, and the same care and compassion that everyone has grown used to, just a fresh new name and logo that clearly reflects who we are.

Clients can expect to receive a detailed letter in April outlining the change, and we'll be introducing everyone to our fresh new look in next month's Chat Monthly.

We can't wait to share more with you, so...
Watch this space!

REFLECTION

LEST WE FORGET

— ANZAC DAY —

Scan to watch music video



Or please visit:
centacarecq.com/sga

This year April marks two extremely important events, Easter and Anzac Day.

Easter of course is a time when we celebrate the resurrection of Jesus Christ, on the third day after his crucifixion. On Anzac day, we pause to commemorate the men and women who have served our nation in all wars, conflicts and peacekeeping operations.

Many songs have been penned about soldiers and sacrifice, but to me the one that speaks directly to the heart is a little known track by American singer songwriter, Billy Ray Cyrus, (*yes, the same Billy Ray who shot to fame with the song, Achy Breaky Heart – in fact, both songs are from his 1992 debut album*).

The song speaks of an American soldier, Sandy Cane, and whilst not an Anzac song by any stretch, the message is beautiful. I have included the lyrics to this song below, and I hope you will reflect with me while reading along...

Some Gave All – Billy Ray Cyrus...

I knew a man, called him
Sandy Cane
Few folks even knew his name
But a hero, yes was he
Left a boy, came back a man
Still many just don't understand
About the reasons we are free
I can't forget the look in his eyes
Or the tears he cried
As he said these words to me

Now Sandy Cane is no longer here
But his words are oh so clear
As they echo throughout our land
For all his friends who gave us all
Who stood their ground and took the fall
To help their fellow man
Love your country and live with pride
And don't forget those who died
America can't you see?

[Chorus]

All Gave Some, Some Gave All
Some stood through for the red,
white and blue
And some had to fall
And if you ever think of me
Think of all your liberties and recall
Some Gave All

[Chorus]

And if you ever think of me
Think of all your liberties and recall
Yes recall
Some Gave All
Some Gave All

I hope this song speaks directly to your heart as well, as you pause this Anzac Day to: "think of all your liberties and recall, yes recall... Some gave all!"

Lest we forget.



Don Butler
General Manager Human Resources



MEET THE TEAM

Wellness begins with Self-Awareness



Building the skills to get to know yourself better takes a great deal of courage and patience.

But as CentacareCQ's provisional psychologist **Ali Qureshi** discovered seven years ago, it can also lead to new and exciting opportunities.

Opportunities like a career change.

In 2011, while living in Adelaide, Ali said he was diagnosed with a physical health condition.

"The news weighed heavily on my mental health, and soon after, I developed depression," Ali said.

"Coping with depression that's associated with a chronic disease is very challenging. I was curious as to why this was happening to me."

"I wanted to find out more, so I began to read some books on the subject."

"The more reading I did, the more I wanted to help others like me."

In 2015, Ali turned his curiosity into a career opportunity and began studying psychology shortly after moving to Mackay.

He completed his Graduate Certificate of Psychology and began working in the sector before eventually opening his own professional practice and completing his master's degree.

"If you aren't feeling yourself and need to bring focus and a balanced perspective back into your life, why not talk to a counsellor or psychologist?"

In September 2021, Ali joined CentacareCQ and has been helping couples, individuals and families through their personal challenges ever since.

Ali believes that mental health plays an important role in every person's life.

"It's not uncommon these days for people to seek professional guidance in their life," Ali said.

"If you aren't feeling yourself and need to bring focus and a balanced perspective back into your life, why not talk to a counsellor or psychologist?"

"We are human – we have strengths, and we have short comings."

To improve our mental health, Ali said that one of the greatest learnings that we can work towards is self-awareness.

"Self-awareness is the starting point for us to begin to understand our behaviour."

"By acknowledging our thoughts, feelings and emotions and recognising how they impact us, we can start to see how they also impact the people around us, including our family."

While Ali explains that developing self-awareness takes a lot of practice, he encourages those who need assistance to consider speaking to a psychologist.



Wanna talk about it?

REMEMBER: You are not alone. Our friendly and professional counsellors and psychologists are available to help you feel yourself again.

Our counselling and psychology services are available via phone, in person, or through video chat.

To find out more or to book an appointment, call our friendly team on

1300 523 985

or visit www.centacarecq.com/counselling

Life

a poem by Flavia Prospero

Life is an endless search for the self that we lost.
 Aiming to **find glimpses of God** in our own thoughts.
Searching the soul in people's eyes and hearts,
 We **reach** for them in our own parts.
 At the end of this journey **we collect** the
 moments we pursued everyday.
 At the finish line **they are all pieces** anyway.
 Life is this **collection of parts**,
 That we put together to **make sense of it all**.
 That journey of **life is a big jigsaw puzzle** after all.
The picture I will form at the end of
 mine is yet to be seen.
But I will keep looking for God in the everyday
 pieces, if you know what I mean.



FUN & FOOD

Easter Wonderword

C O S E L P I C S I D C H U R C H Y
 S R N E S A C R A M E N T E S A A S
 G T U T H F F P B U N N Y D U D E R
 G T N C R O A A P M E M A S S R N A
 E E T I I S L A S U O E D E E Y O F
 L C D N S F R Y C T R T N T J A I E
 P A N O E A I H W B I D U A F D T S
 Y A V E D M A X T E E N S L A S C T
 D E L E T R A S I W E N G O M R E I
 R Y A M I I I T H O O K R C I U R V
 C A S S S R N S S I N O I O L H R A
 A D T T H I A E T E A R O H Y T U L
 L I S C N I C I P S T C E C S A S I
 V L U T O N D D T E C W R Y O E E G
 A O P R A A M O T S U C E O A D R I
 R H P N R E E G G H U N T N S R A V
 Y T E T A M A R Y A D R U T A S P E
 E P R L G G S C E L E B R A T I O N

ASH WEDNESDAY
 BREAD
 BUNNY
 CALVARY
 CELEBRATION
 CHOCOLATE
 CHRIST
 CHURCH
 CROSS
 CRUCIFIXION
 CUSTOM

DISCIPLES
 EGG HUNT
 EGGS
 EUCHARIST
 FAMILY
 FASTING
 FESTIVAL
 FRIDAY
 HOLIDAY
 HOLYWEEK
 JESUS

LAST SUPPER
 LENT
 MARY
 MASS
 MEAL
 NEW TESTAMENT
 PALMS
 PARADE
 PASSOVER
 PENANCE
 PENITENCE

PRAYER
 RESURRECTION
 ROAST
 SACRAMENT
 SATURDAY
 SUNDAY
 THURSDAY
 TOMB
 TRADITION
 VIGIL

Hot Cross Buns

Ingredients

2 tsp dried yeast
 2 tbsp caster sugar
 3/4 cup warm milk
 2 1/2 cups plain flour
 1 tsp mixed spice
 40g spreadable butter

2/3 cup sultanas
 1 tsp finely grated orange rind
 1 egg, lightly whisked
 1/3 cup plain flour, extra
 1 1/2 tbsp boiling water
 1 tsp gelatin powder
 Extra butter, to serve

Method

Combine yeast, sugar and milk into a small bowl. Set aside in a warm place for 10 mins or until frothy.

Combine flour and mixed spice into a bowl. Rub in the butter. Stir in the sultanas and orange rind. Make a well in the centre and stir in the yeast mixture and egg. Cover and set aside in a warm place for 40 mins or until the dough doubles in size.

Grease an 18cm x 28cm slice pan. Knead the dough on a floured surface for 5 mins. Divide dough into 12 portions. Roll each portion into a ball and place in the prepared slice pan. Cover and set aside in a warm place for 10 mins. Preheat the

oven to 220°C. Combine extra flour and 2 tsp of extra sugar in a bowl. Stir in 2 tbsp of cold water to form a thick, smooth paste. Place mixture into a sealable plastic bag and cut off one corner. Pipe over the buns to make crosses. Bake for 20 mins or until buns sound hollow when tapped on top. Turn onto a wire rack to cool. Stir boiling water, gelatin and remaining 1 tbsp of extra sugar in a heatproof jug until gelatin dissolves. Brush over hot buns. Serve warm with butter.

