

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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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.

Shari Jackson

General Manager Health & Wellbeing Services
Southern 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



HOME & YARD MAINTENANCE

Can we fix it? Yes we can!

We can install it, trim it, and build it too!



Freshly manicured lawns, trimmed edges, newly installed handrails and general handyman repairs are all in a day's work for the Home and Yard Maintenance Team.

As one of CentacareCQ's most popular services, the team are kept busy working to ensure that you are safe and comfortable living in your own home.

Home Maintenance Support Officer, Kerrie Martell, said that she often receives compliments about the team from people eager to share their appreciation for the work that was done.



"In the past 18 months that I've worked as part of this team, it's hard not to give credit for all the amazing work that they do,"
Kerrie said.

Many of you would be familiar with Kerrie, who juggles hundreds of calls from home and yard maintenance clients each week, and schedules the service delivery for the team.

"There can be a lot of things to balance, such as booking and rescheduling jobs, but the days go by very quickly,"
Kerrie laughed.

"No two days are the same. This job keeps you on your toes!"

"The popularity of Home and Yard Maintenance services here in the region mean that we have recently added some new faces to ensure the high quality service continues to be provided."

CentacareCQ has recently welcomed Handyman, Mark Huth, and Yard Maintenance Officer, Brock Berridge, in the last month.

Mark, who has returned to Bundaberg after more than 30 years away, said he was happy to be back in his hometown and putting his handyman skills to work.

"The clients, that I've met, are great!" Mark said.

"It's good to be able to help them and make their life a lot easier. They also enjoy the company as well."

Having graduated high school three years ago, Brock is one of the youngest members of the Yard Maintenance Team.

Brock's hard work and dedication have already impressed the clients he has serviced, who have also enjoyed the pleasure of his company.

In his first week, Brock was complimented by a client who couldn't praise him enough for the work he had done for her.

Humbled, Brock said: *"It's just a great feeling to be able to make a difference to someone's life."*

Interested in our Home and Yard Maintenance Service?

Our team can assist with a range of jobs in and around your home so that you can live safely and comfortably.

For more information or to book a service, call our friendly team on

1300 523 985

or visit www.centacarecq.com/hym



Social Groups go bowling in their Spare time...



Social Group clients have been bowled over by a new activity added to their monthly calendar.

Twice a month, the group ventures to the Bundy Bowl and Leisure Complex to strike it lucky, share a laugh, and enjoy a healthy sprinkle of competition among friends.

Social Group Assistant, Keeley Bowe-Fernley, said the new Ten Pin Bowling Group has quickly become a popular pastime.

Keeley said many clients have formed new friendships, enjoyed a healthy competitive environment, boosted their self-confidence, and improved their hand-eye coordination skills.

"Many of them have improved tremendously. Some initially scored about 50 points in their first game, and now they are easily doubling that!"

Keeley said everyone was eager to return each fortnight and beat their score.

"Some friendly competition is a great way to improve self-confidence," Keeley said.

"We're looking forward to gathering scores over the next few months and giving out some well-deserved trophies."

CentacareCQ Social Groups run a range of fun and exciting activities throughout the month.

To learn more, call our team on 1300 523 985

Scan to download this month's **Social Groups Calendar**



Or visit: centacarecq.com/bsg

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
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 D E L E T R A S I W E N G O M R E I
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 C A S S S R N S S I N O I O L H R A
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 A O P R A A M O T S U C E O A D R I
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 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

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|---------------|------------|---------------|--------------|
| ASH WEDNESDAY | DISCIPLES | LAST SUPPER | PRAYER |
| BREAD | EGG HUNT | LENT | RESURRECTION |
| BUNNY | EGGS | MARY | ROAST |
| CALVARY | EUCCHARIST | MASS | SACRAMENT |
| CELEBRATION | FAMILY | MEAL | SATURDAY |
| CHOCOLATE | FASTING | NEW TESTAMENT | SUNDAY |
| CHRIST | FESTIVAL | PALMS | THURSDAY |
| CHURCH | FRIDAY | PARADE | TOMB |
| CROSS | HOLIDAY | PASSOVER | TRADITION |
| CRUCIFIXION | HOLY WEEK | PENANCE | VIGIL |
| CUSTOM | JESUS | PENITENCE | |

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.