

# Volunteer NEWSLETTER

Jan - Feb, 2023 / Vol 7

## Hope for 2023

At Parramatta Mission, we depend on each other in serving our community and those most in need. Our bonds do more than just keep us going, but bring out our very best. Together we thrive.

In 2023, let us deepen those bonds by doing more together and looking after one another's well-being.

Let us set ambitious expectations for real impacts to transform lives through more events and volunteer programs.

Last but not least, let us have lots of fun in the process!

## How we started this year

With the success of our biggest Christmas Lunch in recent years, we stepped into 2023 with incredible goodwill, respect and support from the Parramatta community, having witnessed the huge impact we made that day: 792 meals in total served by a team of over 90 volunteers while surrounded by music and much festive cheer.

We made new friends and learned a lot in the process, and for 2023 Christmas we will do even better. And we must! – since we did such an amazing job last Christmas, people now have expectations!









## Events for Volunteers!

We want to make this year even more fun and meaningful for you all. For a start, we want to make get-togethers a regular thing, which means more activities like boardgames, arts/crafts, after-work drinks, and support sessions.

### **1. Game and fun**

Date: every Friday (10 Feb and onwards)

Time: 2:00pm to 4:00pm

Location: Meals Plus, 119 Macquarie Street, Parramatta

Activity: board games, coffee and drinks after.



### **2. Friends of the community**

Date: every Saturday (11 Feb and onwards)

Time: 10:00am to 12:00pm

Location: Meals Plus, 119 Macquarie Street, Parramatta

Activity: gardening (building a terrarium is week 1), arts, crafts and games!

### 3. Meditative journaling

Date: every Tuesday (7 Feb and onwards)

Time: 8:00pm to 9:00pm

Location: Online via Microsoft Teams

Meeting ID: 485 057 177 162

Passcode: d44QFM

(Please email Chao if you need a meeting link invite)

Activity: journaling with prompt, relaxing music/reading to help ease one into sleep.



*Kiss today goodbye  
And point me toward tomorrow  
We did what we had to do  
Won't forget, can't regret  
What I did for love*



### More to come!

We will tweak the activities and schedule as we go. The important thing is that we want to grow our volunteer community and strengthen the friendships within.

...And at some point, we will get that karaoke thing happening.



## And here's what happened with the hot air balloons!

It was awe-inspiring to watch a fleet of air balloons flaring up and taking to the air – even better still to watch it happening 10 feet away.

That's what our team did this Australia Day. In support of the Parramatta Park Australia Day event and the hot air balloon team, we managed to get over 400 people high in the air!

Everyone that wanted to, also got a ride, and made me very happy. A huge thank you to our wonderful team on day!



## A Tale of Two Treasurers 28th February

If you missed the last assembly on 30th Nov 2022 where 200 of us roared into the NSW Treasurer's face with our calls for actions to address cost of living, social housing and climate justice in Western Sydney, here's the chance to do it again with triple that number of people!

On 28th February, we will share our stories and asks with NSW Treasurer Matt Kean and Shadow Treasurer Daniel Mookhey, just ahead of the March election. It will be a huge event, full of energy and it's free. You are all invited.

Please register by this link:  
<https://events.humanitix.com/sydney-alliance-nsw-election-assembly-february-28>

Or you can scan the QR code (right):



*From the  
Fundraising  
Team...*

The fundraising team would like to acknowledge the great work of our volunteers and the valuable contribution that you make to the operations of our services. We regularly send out newsletters with updates from Parramatta Mission and also our appeals at certain times of the year.

If you would prefer to be taken off the mailing list for these things please email [fundraising@parramattamission.org.au](mailto:fundraising@parramattamission.org.au) and let us know.



## The Quiet Spot



*"White. A blank page or canvas. His favourite. So many possibilities."*

*– Stephen Sondheim, Sunday in the Park with George*

To the right is a frame for a photo that you will take at the end of 2023. It is a photo you will want to take, because it will contain a great moment for you this year. It may capture a moment on a trip, at a house or a loved one you spent time with. It is a good moment. Or it will be.

This moment has yet to come, but this is a moment of a future you'd really like to see becoming real. So, for now, you can imagine it. Then you can remember it in the best way you can; maybe even paint it or associate it with a song. Then you commit to it, so that you will identify each possible moment to moving closer to it.

**What do you see?**

*"Sometimes Miracles  
are just people  
with Kind Hearts..."*



*Thank you* 

*From everyone on the Parramatta Mission team, we hope you stay healthy and happy always! Please accept our sincerest thanks from us to you, for all that you have done and are doing, forever grateful.*





Let's make this year ever better than last!

