

# A Week in the Life of Olympic Village Exodus Community

October 2018

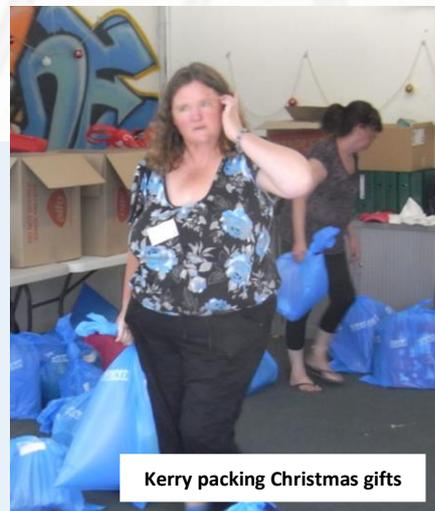
While no two weeks seem ever to be similar it is possible to notice a bit of a pattern of activity around Exodus. This is an attempt to give a snapshot of life in this part of Heidelberg West.

## SUNDAY

An easy morning of household chores and readiness for noon Mass which has been prepared during the week with the celebrating priest and a member of our Faith Development Team. Our Parish Priest already has three weekend Masses so the Team engages with several other priests who like to assist our small community. A bit of a gathering and sometimes a Faith Development Team meeting after Mass. Sunday afternoon resting.

## MONDAY

If possible a rest day, but often members are advocating for or supporting people in various Courts. We are involved in several long running Family Court matters trying to support families who have had children removed from their homes by DHHS. Court attendance will often take up the whole day.



Kerry packing Christmas gifts

## TUESDAY

The day begins with community prayer at 8.30am. This happens at the Exodus Community (parish owned) house and is open to all. Several locals join Brs Barry, Doug and Harry in this shared experience. A weekly planning meeting is held after prayer so we all know what various activities and chores are being attended to for the following week. A roster for meal preparation, etc. is made. Exodus Outreach worker, Kerry will often meet up with another volunteer and head off for some visiting locals who are housebound as well as attempt to make some new connections.

Karen, our carer of the Shed, will usually arrive after dropping children at school to make sure the Shed is in good state for Wednesday Drop In and bread delivery tonight.



Karen in the Shed

Attention is given to dealing with correspondence, planning for upcoming activities or functions. Staff from Olympic Adult Education attend Alice House which is a local neighbourhood Gathering Place. Exodus is a joint manager and partner of Alice House, which has been given for community use by a generous donor. On a visit there you might happen to meet SALT Foundation (another partner in management of Alice House) or volunteers preparing donated food and making it ready for redistribution to local families. Regular meetings of a Sustainability/Climate Change Group are held here on Tuesdays.

Marist Young Adults connected with Exodus Community will join Br Doug and others in an after school programme for local Primary School children.

Jack Stammers, a long time Marist Young Adult member will collect, or organise the collection of, donated bread from a nearby *Baker's Delight* which will be kept overnight in the Shed ready for re packing and distribution on Wednesday.

Br Doug (or Br Harry if Doug is not free) will drive a mini bus-load of local residents of a nearby supported accommodation home to Greensborough for a weekly dance.

## Upcoming Events.....

- **OLMC Twilight Market:** Friday 30 November, 3.30 – 8.30pm  
*All proceeds go to Exodus Family Camp.*
- **Backyard Christmas Carols:** Sunday 16 December
- **Family Camp:** 2-5 January

# WEDNESDAY

After morning community prayer some of the bread collected last night will be repacked and taken to our local Community Health Centre for distribution.

Br Doug will deliver food collected from nearby Second Bite that can be used for today's gathering.



Wednesday Drop-In

Graeme will often arrive early to help set up the Shed for our weekly Drop In which includes hospitality and lunch (for about 40) prepared by faithful and generous volunteers. This is a great place for visitors new to Exodus, to meet some local community members and learn about the many activities of Exodus.

Sometimes groups of students will visit to learn about powerlessness, disadvantage and poverty by taking a guided walk around the Village and then meet some local people. Practical works are also performed by some visiting groups.

Generally students, or Marist Young Adults will arrive late afternoon to repack and distribute the remaining bread. An Exodus volunteer will meet these helpers and describe some of the circumstances of those receiving the bread.

Nearby, staff and students from Our Lady of Mercy College, Heidelberg will be preparing meals for about 80 local residents. These will be taken to three delivery points. Where we can, Exodus supports this wonderful contribution.



Young Adults helping out

# THURSDAY

Br. Barry leaves early for his day of visiting those hospitalised at Port Phillip prison.

After morning prayer and Mass with the parish community there is generally plenty of catching up to be done with correspondence and planning. Exodus members are involved with Residents Group 3081 who meet monthly to support residents involved with public housing issues, Centrelink, Court and health matters.

At Alice House, volunteer members of the House and Garden Maintenance group head off to bring joy to the lives of locals. Exodus members are welcome to help or to visit and share the day.

At 3pm the nearby Malahang Park Bike Hut is opened. This is an opportunity for people to have bikes and scooters serviced and to learn about basic maintenance from a group of dedicated volunteers. Exodus helped establish the Bike Hut over 8 years ago. This is an aspect of Exodus youth outreach.

Thursday evenings are when our Exodus Management and Coordinator Teams meet each month. This is where we oversee, support, plan, develop and review all Exodus activities.

# FRIDAY

Once again the community is invited to morning prayer and parish Mass.

Friday morning provides opportunity for visiting individuals and/or families, and to attend to issues raised at Management Team meetings. These might include planning our annual volunteer acknowledgement, school holiday outings, Family Camp, end-of-year activities, website update, developing an Exodus video, update of volunteer register, etc. Sometimes there are visits to schools where Exodus experiences are shared.

Planning for the evening gathering of Exodus Youth Group ensures a good outcome. Youth activities might include movie night, cooking, playing games, planning socials and camping adventures, catching up (all done in Exodus Shed) or outings to Latitude, Ten Pin Bowling, Laser Tag, roller skating, beach, Watermarc, parks for games, or a variety of sporting fixtures.

Br Barry might be spotted during the day riding his tricycle to deliver a quarterly parish Newsletter he writes.

# SATURDAY

Begins with Community prayer and Mass.

Exodus volunteers sometime assist people with house moving and/or dealing with unwanted goods.

Generously donated gifts include vouchers, food, clothing, toys, hampers and toiletries are sorted and packed into parcels for families and individuals we know.

Where possible a break is generally appreciated!