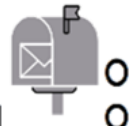


# PULSE MAIL



Exploring faith from an  
Aboriginal perspective

## READING:

The harvest is  
plentiful but the  
labourers are few..

Read **Matthew 9:35 - 10 :8**



## Who am I?

**Name** – Hayden Charles

**Birthplace** – Griffith NSW

**Nickname** – Chocboy, Haydos, H,

**Favourite Aboriginal saying** –

Australia has many aboriginal tribes so there's many languages in Australia but mine would have to be Alumuna Nura which is two words

**Which means** – Our Home, Country

Pulsemail is travelling the world. If we can't travel, then we can share with other cultures! This week we are going to visit faith through the eyes of our Indigenous Brother Hayden Charles who is part of the United Aboriginal and Islander Congress (This is part of the Uniting Church, see what else you can find out about this great part of the Church!)

**Where are you from?**

I was born on Wiradjuri Land in a town called Griffith. I live on the land of the Dharawal in The Sutherland Shire.

**Why does this matter to Aboriginal people?**

There were over 500 nations across Australia at white settlement, each with their own unique culture and practices. It forms part of our identity.

**What matters to aboriginal people?**

I believe art, music, history and our future matters to the indigenous people of Australia. Our whole story of my people is in our art and music.

**What is it like growing up as an Indigenous Australian?**

It was very interesting because I would be asked to do many speeches and meet a lot of famous indigenous and non-indigenous people such as some royals, Prime ministers, and famous Australians.

**What is one thing you really value about your culture?**

I value that we are the oldest living culture in the world and our stories have been heard in many countries.



## PRAYER:

Companion God,

Amen

## Recipe: Kangaroo Sausage Rolls



### Ingredients

- 400 gram kangaroo mince (see notes)
- 2 cup fresh breadcrumbs
- 2 rashers, chopped rindless bacon
- 1 egg
- 2 tablespoon thyme, chopped
- 1 tablespoon cranberry sauce
- 1 zest orange
- 3 sheets puff pastry
- 2 tablespoon milk

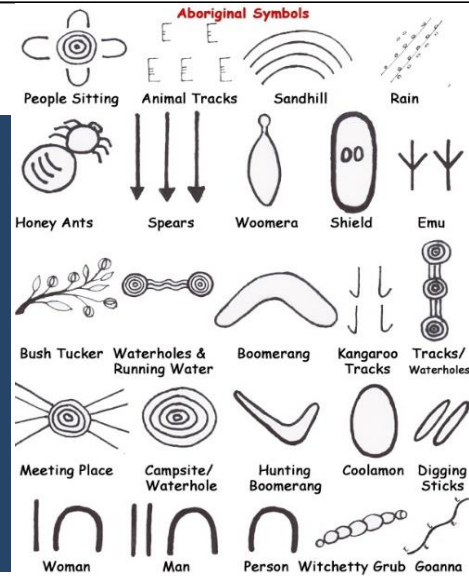
### Method:

1. Preheat oven to very hot, 220°C. Line 2 oven trays with baking paper.
2. In a food processor, combine mince, breadcrumbs, bacon, egg, thyme, cranberry sauce and zest.
3. Process until almost smooth. Season to taste. Transfer to a piping bag with thick nozzle.
4. Cut each pastry sheet into 3 even strips. Pipe filling lengthways along centre of each pastry strip. Brush edges with milk. Roll up to enclose.
5. Cut each roll into 3 equal pieces. Place seam side down on trays. Brush with milk and prick with a fork. Bake 10-15 minutes, until pastry is puffed and golden. Serve hot with tomato sauce.

<https://www.foodtolove.co.nz/recipes/aussie-sausage-rolls-30793>

STRKELXBDZHAJTDPVVAOESIIB  
 KECKMKWKOQXDANRIDUVYUOSG  
 ORIVSZOSOORAGNAKHTTURRNT  
 MHBRWBMMJBAFAMMRIVNOIALG  
 OCYXOAZASZYWPXADEDUQRATL  
 EOIXYTCSLSLOBMYSBJNHESI FQ  
 YUGT MNSWGSXQCXBAZZMUIYIO  
 QHJXIRMTJQPFRDTRKOURGUVB  
 LSHGBFQENXZEMIUOKOGLDZEG  
 YQLGIHFDEEHMAETBVFBI BPRZ  
 RCCSZR DAMMIOMRXPERNUULHT  
 EGFQLOO CRPUCSMSNXGV ALZDV  
 VNCAMITFNGKCKNA DORSALQD V  
 LNORISZQSUF TMA BDLILSRALC  
 PEDZUDA AJKZFLPOIUSZTOWVL  
 NYGPF MJCRD SHZVODY MURAJDK  
 EPEYIRBOR DYSRUWJARSCARNHA  
 EMITMAERDEJ JTPPEEDILEFVA  
 NPRXVXF D YDZZNR RG CNIRJYT  
 ZDYE OZWO GP IOJIA IQSSTAZUMJ  
 LMHFMDAVNRMSARFDX IUNRPAV  
 TZBQCMKNCLVLJELUHWVVGREW  
 YLLKGMWTC LAYUPKAKIONATLB  
 LKRPCRUGNIHCAETNLLLEZXUSQ

## Staying Sane!



Aboriginal Art is often telling a story can you tell what this painting is saying? For more info check out - <https://teachnik.com/aboriginal-art/> the image was commissioned for the Uniting Reconciliation plan for our Synod.

sacred	dingo	smoke	didjeridu
bullroarer	ants	spears	emu
boomerang	aerial	iron	ochre
clay	teaching	kangaroo	graffiti
bark	dreamtime	dot	lizard
Australian	symbols	ancient stories	



### Scar trees

This scar was created when the Gunaikurnai removed bark for a canoe. Scar trees like this one are living heritage and are protected under the Aboriginal Heritage Act 2006.

[https://www.batalukculturaltrail.com.au/sale\\_wetlands.php](https://www.batalukculturaltrail.com.au/sale_wetlands.php)

Scar trees are found right across Australia. Go for a walk around your neighbourhood and see if you can find any.



## Challenge!

**Challenge 1:** This week explore 3 things about Aboriginal Spirituality, how does this connect to Christianity?

**Challenge 2:** There are many issues facing Aboriginal people in Australia, educate yourself to one and see if you can take action on it.

