

Good afternoon,

Here is the second earthquake recovery coordinator update for 2014. If you want to read more about a particular topic, please scroll down the page. Please don't hesitate to contact me if you have any comments or questions.

Kind Regards and God Bless,

Matt

- 1. Earthquake Recovery fund update**
- 2. Earthquake Spiritual Retreat**
- 3. Dr Rob Gordon speaking to Older People**
- 4. Resources for those affected by the floods**

## **Earthquake Recovery Fund Update**

The fund now has [very little money left](#). Meetings may be suspended while a decision is made about whether to apply for money from Caritas. I will keep you informed about this.

## **Upcoming Earthquake Spiritual Retreat**

I am holding another full-day spiritual retreat in early April for those affected by the earthquakes. Five were held last year. Details are below and I would appreciate it if you sent it out to your networks and include in bulletins and newsletters where possible. Posters have been sent to parishes and a PDF is attached.

### **INTERIOR FREEDOM IN POST-QUAKE CHRISTCHURCH**

#### **A full-day retreat at the Community of the Beatitudes.**

The events of the past 3 yrs have left many tired, stressed & struggling. Our faith can be a great strength in helping us get through tough times. Come and learn how we can be free in the midst of life's struggles. The retreat includes three talks, Mass, Adoration and Reconciliation. Saturday 5 April, from 10.00am – 4.00pm. Numbers are limited to 45. For more details and to register contact the Earthquake Recovery Coordinator, Matt O'Connell, on 366 9869 or email: [moconnell@chch.catholic.org.nz](mailto:moconnell@chch.catholic.org.nz)

## **Dr Rob Gordon speaking to older people in Christchurch**

All older adults are invited to attend a session with Dr Rob Gordon. He is one of the best speakers I have heard so I highly recommend him to any older people you know who might benefit.

The session will focus on what happens to our physical, mental and emotional wellbeing post disaster. The session will address those common symptoms and flags that are shown by people, focusing particularly on the older person. It will also cover understanding of the stresses of recovery in the third and fourth years: protecting health, lifestyle and relationships."

**Date:** Thursday 20th March 2014

**Time:** 5 to 7pm

**Location:** Wainoni Avonside Methodist Church (878 Avonside Drive, Wainoni)

The session will be comprised of a 1 hour presentation, followed by half hour Q&A /discussion and then half hour for tea/coffee to mingle.

RSVP to Betty Chapman at the Wainoni Avonside Trust (03 389 2285 or [wainoni.wacst@xtra.co.nz](mailto:wainoni.wacst@xtra.co.nz)) - for catering purposes.

Call Corrine Early at CERA for more information (03 354 2848 or [corrine.early@cera.govt.nz](mailto:corrine.early@cera.govt.nz)).

## **Resources for those affected by the Floods**

Skylight have put together an extensive webpage of resources for those affected by the floods. If you have people in your community affected you might like to point them to this page.

<http://skylight.org.nz/Floods+and+Storms+Support>