

PULSE MAIL **A visit to Indonesia**

READING:

Cast all your anxiety on Him because He cares for you!

1 Peter 4:12-14; 5:6-11



Who am I?

Name – Raymond

Birthplace – Jarkarta, Indonesia

Nickname – chuckles

Favourite Indonesian saying - malu-malu kucing

Which means – Indonesians aren't "coy", they are "shy-shy kitten"



Pulsemail is doing some travel! If we can't leave the country, then we can bring other cultures to us!

This week we are going to visit faith through the eyes of our Indonesian Brother Raymond.

What is it like growing up Indonesia Australian? What is one thing you really value about Indonesian culture? What is something you wish western culture could learn from Indonesian culture?

I'm an Indonesian who grew up in Sydney. Born in Jakarta but then moved to Sydney at 8 years old. I speak both English and a hybrid of Bahasa Indonesia and English with my family at home.

Even though I'm Indonesian, Australia feels a little bit more like home because I was brought up here. However, whenever I travel back to Indonesia for a holiday, I feel a deep connection with the culture/family and at times it makes me question about my Australian-Indonesian identity. I feel a gap/curiosity that needs to be fulfilled. I am grateful for these two different cultures and its experiences that shaped me. I'm glad I have two places I can come home to.

Experiencing different cultures has taught me to be more open-minded to my surroundings. I can pick things up quickly and try to understand cultural differences when interacting with others. Understanding tradition and culture helps me find where they're coming from and why they do things differently to me.

In Indonesia, some cultural basics are very old having been passed from generation to generation. For example, the principle of harmony (Rukun) and the principal of Discussion & Consensus (Musyawarah & Mufakat) are deeply rooted in beliefs, in social values and national ideology. Children today still learn these principles in their families and at school.

Majority of Indonesian still runs through the regular traditional social system and even when coming back from abroad are faced with the challenge of aligning their new experience with the culture in Indonesia.

What did you notice about the reading today? How does this relate to you when you were a teenager? How is it understood differently in Indonesian?

Minorities have to work harder than the majority to receive the same level of recognition. Therefore, taking risks has greater anxiety and consequences and if things go wrong, we would fall behind and that has consequences for future generations for the rest of our lives.

This passage reminds us that God cares for you, is in control, and we should not worry. 1 Peter 5:7 says we are to "cast" our anxiety on the Lord. By an act of the will, we are to unload all our worries on the Lord.

Worry displaces God in our life, it is a sin. Worry is a sin for 2 reasons: (1) it displaces God in your life. When you commit the sin of worry, you are living as though God did not exist, as though you alone can solve your problems. (2) it distracts you from the things that really matter in life. As long as you are worrying, you can't do anything else. You are strangled by worry. This is not what God wants.

Recipe: Beef Rendang

Ingredients:

2 teaspoon coriander seeds
1 teaspoon cumin seeds
½ teaspoon turmeric
1 brown onion coarsely chopped
4 garlic cloves, coarsely chopped
3cm piece fresh ginger, peeled, coarsely chopped
1 long fresh chilli, coarsely chopped
1kg gravy beef, cut into 5cm pices
2 x 400ml cans coconut milk
45g (½ cup) desiccated coconut
1 stem lemon grass, trimmed, bruised
1 cinnamon stick
Steamed white rice to serve
1/3 cup fresh coriander leaves

Method:

1. Place coriander and cumin in a small frying pan over medium-high heat. Cook, shaking the pan, for 2 mins or until the mixture is aromatic
2. Transfer to the bowl of a food processor. Add turmeric, onion, garlic, ginger and chilli, and process until smooth. Transfer to a large bowl. Add the beef and stir to coat. Cover and place in the fridge for over 4 hours or overnight to marinate
3. Place the beef mixture in a large saucepan. Add the coconut milk, coconut, lemon grass and cinnamon, for 2 ½ hours or until the beef is very tender. Remove and discard the lemon grass and cinnamon stick
4. Increase heat to medium-high. Cook, stirring often, for 25 minutes or until the liquid has evaporated. Divide the rice and beef among serving dishes. Top with coriander leaves to serve.

How to do Batik:

Materials:

- washable gel glue
- wax paper
- fabric (cotton muslin works well)
- acrylic paint
- paint brushes
- sink or tub for soaking
- dryer or iron to heat set



Method:

- cut fabric to size and have a layer of wax paper underneath
- draw your image onto your fabric and then trace over it with the glue bottle
- let it dry completely for 12 hours
- now to add colour with the acrylic craft paint and decorate/paint your image
- when finished painting let it dry completely
- once dry, soak your fabric in warm-hot water for 10-30mins. When the glue is off the fabric, wring it out and dry using a dryer or later using an iron
- sew up the finish project whether a pillow case, flag, totem bag, tshirt or banner!



Spot the difference:



PRAYER:

Almighty God, we thank you for always being there for us to lean on, to cast our burdens on and leave our worries with you. Give us the strength and wisdom to do this in times when we worry too much and are anxious. Amen.