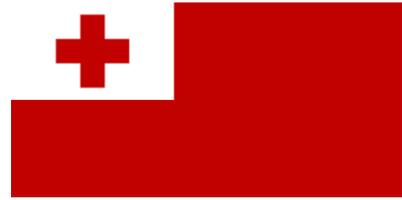


PULSE MAIL

A visit to Tonga!



MALO E LELEI

“Whoever acknowledge me before others, I will also acknowledge before my Father in Heaven”

Read; Matthew 10: 24 - 39



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 Tongan sister Manitele!
Who am I?

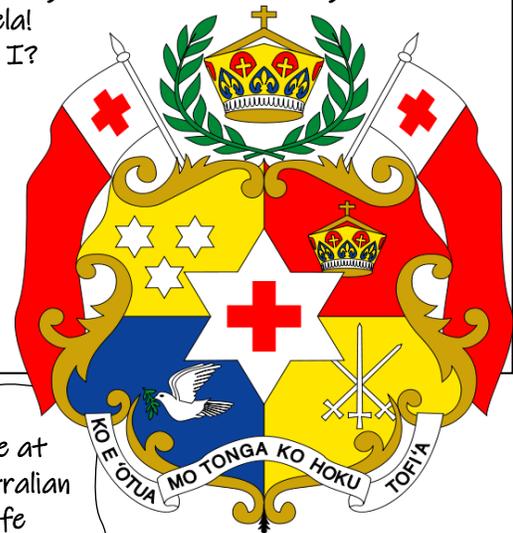
Name – Susitina Manitele Tali

Birthplace – Vaiola Hospital, Tofoa, Tongatapu

Nickname – Della, Susi, Leka, Selaleka

Favourite Tongan saying – ‘Anga fakatokilalo

Which means – Be humble in everything you do!



What is it like growing up Tongan Australian?

I grew up in my mother's small village called Haveluloto in Tongatapu. I moved here at the age of 11 years old! Life back in the Islands is very different. As a Tongan Australian here, I would say it's a blessing to be able to have the opportunity to continue my life here in Australia. Seeing what my parents have sacrifice, for me and my siblings to have a better future in Australia. Although I face many challenges of growing up here as a young Tongan woman; not being able to really speak the English language, the Australian lifestyle as it clashes with the Tongan culture is challenging. However, I believe that everything I go through is an eye opener. It challenges myself to step up and find my identity in this foreign country as a Tongan Australian.

What is one thing you really value about Tongan culture?

I value my family, of course. I also value one of the Tongan cultures of Fefaka'apa'apa'aki which means mutual respect. Especially to our elderly.

What is something you wish western culture could learn from Tongan culture?

I wish western culture would learn from our Tongan culture the importance of family and Tauhi Vaha'a which means loyalty and commitment. That family is the central unit of a Tongan life.

“KO E 'OTUA MO TONGA KO HOKU TOFI'A”

GOD AND TONGA ARE MY INHERITANCE



Reflecting on Mathew 10:24-39

What did you notice about the reading today?

The two main warnings Jesus said to the disciples! Which refers to 1. persecution and suffering which they have to bear and 2 the insistence repeated three times to the disciples not to be afraid. Knowing that we are in God's Hands and that God is with us, at every moment, we have the necessary courage and the peace to render witness and to be disciples of Jesus.

How does this relate to you when you were a teenager?

Being a teenager and being in my generation. It was scary because there's times you feel like you don't belong or blend in with others around you and mostly afraid to be who I really am! God always reminded me to not be afraid!

pulse

uniting church
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Synod of NSW & ACT

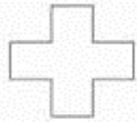


PRAYER: Dear God, thank you for reminding us not to be afraid and to become one of your disciples, help us daily to take your cross and follow you. Make us your disciples. Amen



THE ROYAL FAMILY OF THE KINGDOM OF TONGA

YES! Tonga have got their own King and Queen!
Search it up and find out more!!



Let's do some coloring! I challenge you to do a bit of research! ☺ Get to know the Tongan Flag through Google!

What is the meaning of the colours, red and white, in the Tongan Flag?

What does the cross stand for in the Tongan Flag?

Reflection Time! Take this time to think deeper!

Pick one country you would want to move to and why?

How would you cope with moving to a foreign country?

Tongan Mats "Ta'ovala"

The Ta'ovala is the traditional woven mat that is worn by Tongan's like a suit and tie is worn by westerners. It is a formal attire and all government workers must wear one. Wearing a Ta'ovala is worn to show respect and authority. Mat weaving is an everyday part of Tongan life. Women gather in small groups weaving and sing or talk together to keep themselves inspired. Mats are the most treasured possessions in Tongan households, and are traditionally presented at births, weddings, funerals and other special occasions.



**Recipe: La'i Keke Vai
Tongan Pancake**

Method:

1. Mix dry ingredients thoroughly, then add water and stir with a wooden spoon until well combined.
2. Heat 1/4 cup of vegetable oil in a frying pan on medium high heat.
3. After pan is heated, scoop Keke mixture and carefully pour it onto the pan.
4. Fry Keke in oil and flip. (I like using a carving fork to flip them.)
5. Drain on paper towels. Best when served warm. Enjoy! :)

4 Cups flour
2 tsp. baking powder
1-1/2 cups Sugar
3 cups water or less but add 1/4 cup at a time
you can also substitute the water for milk adding the same amount. (1/4 cup at a time.)

Challenge!

Challenge 1: What is a spiritual practice that is something important in your culture? Family Prayer nights (Fakafamili) young or old, being able to sit together! Singing some worship songs and praying together as one! God's presence fills the whole room.

Challenge 2: What is a way that your church culture connects with the general community in mission? Culture night where we share different kinds of food! Ladies / men's morning tea where we also gather to learn about other cultures with a cup of tea! And being able to lead our youth services with our own band and our traditional & contemporary worship songs that help the community connect with God.

