



# The Mercy Voice

**Term 4 Issue 1**  
**15 October— 26 October**  
**2018**

**In this Issue:**

Page

1. Principal's Message
6. Director of Mission & RE
9. Director of Student Wellbeing
10. Mercy Girls Inspire
12. Student News
15. Business Manager's Message
16. P & F News
17. Parent News

**Upcoming Events:**

**TERM 4**

**WEEK THREE**

**29 Oct — BBSSA Tennis & Volleyball**

**29 Oct—Year 7/8 Cricket Cup**

**29 Oct—Year 11 RYDA Excursion**

**2 Nov—Creative Arts Showcase 6.30pm**

**WEEK FOUR**

**5 Nov— Year 7 Reflection Day**

**6-7 Nov—Year 9 Camp**

*Dear Parents and Carers,*

A big thank you to all the parents who attended our P&F Association meeting last night and the Plenary Council discussion session that followed.

At the AGM of the P&F a new Executive was elected:

President: Phillipa Sobb

Vice President: Carmel Daniels

Secretary: Jacqui Hester (re-elected)

Treasurer: TBA

The Treasurer's position was not filled at last night's elections, so if there is any parent who would like to take on the role then please contact me. It only requires attendance at a meeting once a term and a basic understand of reconciling the Association's accounts. There is little action on the accounts so it is not a time consuming job.

I would like to sincerely thank the outgoing 2018 P&F Executive: Tina Teixeira, Annelise Pearce, Jacqui Hester and Shyla John for their commitment to the College over the past year.

The Plenary session that followed was a heart-felt discussion on how the Church can re-connect with Catholics in a modern world. All of the concerns and recommendations discussed will be passed on to Australia's Bishops and help shape the Church's future.

**VOLUNTEERS' COCKTAIL PARTY:**

For all our wonderful Mercy parents, grandparents and friends who have volunteered in some way to help support our community, please save the date of Tuesday 27 November. The College is hosting a Cocktail Party starting at 6pm to say thank you. So in whatever way you have helped; if you coached or managed a team, cooked sausages on Open Day or helped at our Graduation Afternoon Tea etc, please come along.

**FEE COLLECTION LETTER:**

I sent all parents an email earlier this week regarding the College's new approach to overdue fee collection, where the Catholic Schools Office will take over collection. Please note that this new approach does not mean that if you are struggling to meet your school fee commitments that you are not welcome to contact the school's office and make an appointment with me to discuss options. The new approach also does not override any payment plans already in place.



## Message from the Principal

---

In this time of economic flux I am well aware that a number of families experience financial stress, even for short periods of time. So please if at any time you need to discuss payment of fees please ring the school for an appointment.

### **PRAYER FOR A NEW BISHOP:**

As you will be aware the Diocese is anxiously awaiting the announcement of a new Bishop. This is such an important leadership role within our Church we have been asked to pray for discernment in Rome that we will soon be blessed with a Bishop to lead the Diocese through into the future.



#### **Prayer for a New Bishop**

Heavenly Father and Eternal Shepherd, you watch over and govern your flock with vigilance and concern. In your immense love, grant to your Church a pastor who will please you by his holiness and aid us with his unfailing care.

In your time, grant us the joy of welcoming a shepherd formed after your own heart. May he be an example of virtue to your people and, imbued with the power of the Holy Spirit, fill their minds with the truth and beauty of the Gospel. Grant wisdom, O Lord, to those now discerning your holy will in the selection of our new bishop.

We ask this in the name of Jesus our Lord and through the intercession of our Mother, Mary Star of the Sea. Amen

### **YEAR 12 FORMAL:**

At the end of last Term, our wonderful Year 12 students transformed into beautiful butterflies at their final celebration of graduating from the College. See the photo below

*Best wishes*

*Suzanne Kavanagh*

**Principal**





## COLLEGE RENOVATIONS



The much anticipated construction of our Kirk St Campus is under way and I am pleased to share that it will be opened for Term 1, 2019.

The new learning space will be equipped with ten 21st century classrooms which are designed for flexible learning with modern break-out furniture. All rooms will be installed with the most current technology as well as being fully air-conditioned. The site will also house a Staffroom. The street vista will be complimented with garden space and landscaping.

### KIRK ST CAMPUS—Concept images of the building and inside a classroom



The College Change rooms are also currently being refurbished and are due to be re-opened Week 4, Term 4 2018.



Mercy Catholic College presents



# CREATIVE ARTS SHOWCASE

The Concourse Chatswood  
November 2, 2018  
6.30pm

**BOOK YOUR TICKETS**  
<http://bit.ly/2NZ5xE1>



A background image of pink and yellow flowers, possibly Impatiens, with green leaves. A large white circle is centered over the image, containing the text.

Mercy Catholic College  
would like to

**THANK YOU**  
FOR YOUR GENEROSITY &  
COMMITMENT THROUGHOUT 2018

Please join us for the  
**VOLUNTEERS COCKTAIL PARTY**

Tuesday, November 27th 6pm-8pm  
on the veranda outside the Chapel  
in the College Grounds

For catering purposes please RSVP  
[www.trybooking.com/YZTS](http://www.trybooking.com/YZTS)

## Message from the Director of Mission & Religious Education

This term we welcome Miss Charisse Gange as our new Youth Ministry Coordinator and member of the Religious Education Department. We pray that the Lord may bless her in her new role and that she may be inspired by the spirit of Catherine McAuley as she joins our Mercy College community.

### YEAR 10 SOCIAL JUSTICE MARKET

In Week 1 Year 10 Religious Education students held a Social Justice Market as a part of their advocacy for their Year 10 RE Guided Inquiry Project. There were a wide variety of social justice issues that were being presented including Indigenous issues, gender equality, sustainable environment, homelessness and refugees. The students raised awareness about their chosen issues and raised money for organisations that support their cause.



One of the students Giovanna L. as a part of her advocacy for the environment introduced the 'Return and Earn' program to the College. We now have two blue bins for recycling drink containers. Eligible drink containers include plastic, aluminium, steel and cartons.



Drink containers for recycling need to also meet the following criteria:

- bottles need to be uncrushed
- have original tags attached



Return and Earn is a great way for the Mercy College community to get involved with recycling, help to reduce litter, and raise money for the school.



### MERCY CHAPEL MASS

This week at our College Chapel Mass we commissioned our new Sacred Altar Vessels that have been donated by a member of our College Community. We appreciate the generosity of the person who donated these beautiful additions to our College Chapel that will serve our community for years to come.

We were also blessed to have our Liturgical Band and Choir return to lead the music at our Chapel Mass under the direction of our new Youth Minister Miss Gange and RE Teacher Mrs Lahiri. We thank them for their involvement in this important ministry.



### EXTRAORDINARY MINISTER OF THE EUCHARIST COURSE

On Tuesday 23 October, Year 10 students from Mercy College and St Pius completed Eucharistic Minister training under the direction of our Parish Priest Fr Jim and Youth Ministers Mr Brannan and Miss Gange.

Mercy College has 11 new Eucharistic Ministers from Year 10 who will serve at our Chapel Masses in 2019.

We congratulate these students for being involved in this important ministry and demonstrating their faith leadership in the College community.



### BISHOPS RELIGIOUS ART PRIZE AWARD 2018

On Tuesday evening Ms Kavanagh and I were delighted to attend the Diocesan Bishops Religious Art Awards to see two of our Year 8 students receive prizes for the Stage 4 Category.

The theme for the Art Prize this year had a special focus on the Psalms in our Bible which describe the Word of God as "Sweeter than Honey".

The Bible is not just a book that contains God's message for a community of people 2000 years ago that we seek moral guidance from. It is a living book, a way in which God communicates directly with each one of us. God speaks to us through the scriptures today and this can transform our lives.

**Honourable Mention** was awarded to Arleia V. for her illuminated scripture passage from the Gospel of John "I am the true vine and my father is the gardner" (Jn 15:1).

**First Prize** was awarded to Caitlyn M. for her illuminated scripture passage from the Gospel of Mark "Do not be afraid".

I congratulate these students on their efforts and achievement.

### CATHOLIC MISSION MASS

***"For I was hungry and you gave me food, I was thirsty and you gave me drink, I was a stranger and you welcomed me, I was naked and you clothed me, I was sick and you visited me, I was in prison and you came to me."* (Mt 25:35-36)**

During Catholic Mission Month we have a special focus on raising money for Catholic Mission. This year our Year 7 students raised money for the Catholic Mission Appeal during Mercy Week by participating in the Sock it to Poverty program. The Annual Diocesan Catholic Mission Mass is attended by representatives of all schools in the Diocese of Broken Bay. This year the theme of the appeal is "You are Mission" which sends a message that we are all missionaries and called to make a difference in the world.

Pope Francis stated in his message for World Mission Day 2018, "Every man and women is a mission; that is the reason for our life on this earth."

Below is a reflection on the Catholic Mission Mass by Sarah B. our 2019 College Captain:

The Year 11 and 12 Portfolio leaders had the privilege of attending the Diocesan Catholic Mission Mass on Thursday 18 October. Surrounded by like-minded students of all ages, we were encouraged to evaluate how we could use the principles of our faith to promote social justice in service of others.

We were particularly inspired by the insightful words of the Mass' guest speaker Dorothy from Catholic Mission, who informed us of the ongoing efforts to improve access to education in Myanmar. The initiative, Education to Change a Nation, has already had an impact on the futures of young students in Myanmar, and now seeks to extend the school of St John's Parish from Year 1 towards the senior years. The donations of the schools who attended the Mission Mass, including Mercy, have helped set a positive precedent for this cause.

**Ms Gabie Stojanovski**  
**Director of Mission & Religious Education**





### WELLBEING AND MENTAL HEALTH

The World Health Organisation defines wellbeing as *"the state in which an individual realises his or her own abilities, can cope with normal stresses of life, can work productively, and is able to make a contribution to his or her own community"*. Wellbeing involves having positive self-image and esteem.

Resilience, which is directly related to wellbeing, is about having the ability to cope with and adapt to new situations. Having a sense of resilience and positive wellbeing enables a person to approach other people and situations with confidence and optimism, which is especially important for young people given the enormous changes that occur with the transition into adolescence and adulthood.

Focusing on wellbeing and building resiliency is important in establishing a holistic approach to health, addressing both physical and psychological states.

Over the year through the RISE program the Year Coordinators have been working with their Year Group and doing activities on: What is Wellbeing, Positive and Negative Factors, Building Positive Relationships, Mindfulness, Strengths and how you use strengths to help with situations. Some Year Coordinators this week looked at Self-Talk because research has shown that positive or optimistic thinkers:

- \* are better at coping with stress and hard times.
- \* have lower levels of distress in their life, even when bad things happen to them.
- \* are less likely to get sick
- \* live longer
- \* are less likely to suffer from depression
- \* are less likely to die of a heart attack.

At times we have Friday dance which is a great, fun way to start the day. Dancing has a way of taking your cares away. It doesn't matter if it's the Electric Slide, the Macarena or crazy moves. Not only does it feel good to the soul, dancing also has some major health perks. Research has shown dancing can improve your mental health by boosting your overall happiness.

If we take into consideration all the activities that the girls at Mercy do whether it is through the RISE program, the Walking Club, or sporting teams, the girls at Mercy are learning about and doing activities that help their wellbeing. Yet what is interesting is some girls feel we as a pastoral team are not talking enough about Mental Health. Since October is Mental Health month I thought it appropriate to address the fact that good mental health is good wellbeing. Everyone experiences times of stress but it is how you turn that around in your self-talk and work with it that makes it easier.

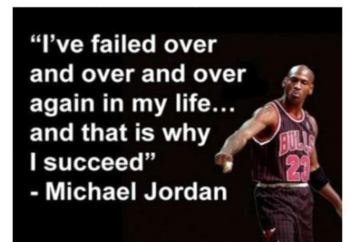
The exercise, joy and laughter helps our mental health. Having support and positive relationships help our mental health and knowing that some feelings such as sadness, stress, worry are normal, helps us be able to cope better when the unexpected situation occurs.

I need to add that I am not dismissing any diagnosed mental health issues but showing through these activities we are giving your daughter some tools in her toolbox to be able to work on feeling better, to be better able to cope with situations, work on building positive relationships and empathy for others. We must keep in mind it will take time for your daughter to understand how it all relates and there will always be setbacks so please encourage your daughter to get back up and try again.

Failure is a word that really means try again, the important lesson is look at what has been learnt from the experience and try again.

Please have a conversation with your daughter about wellbeing, what she thinks it is, how can she help her wellbeing and how does she cope when things do not go to plan.

Mrs G McDermott  
**Director of Student Wellbeing**



### AUSTRALIAN MERCY SECONDARY SCHOOL ASSOCIATION CONFERENCE

In the last week of Term 3 (22 - 26 September), Gabrielle and I travelled to Perth for the biannual AMSSA (Australian Mercy Secondary School Association) Conference. The Conference gave us the opportunity to explore the Mercy charism and recognise the works of fellow Mercy schools in enacting Mercy Social Justice initiatives. On our journey, accompanied by Mrs Symons, we explored the origins of Mercy in Australia. We learnt about the journey of Sister Ursula Frayne and her lasting impact that is evident in Mercy Schools across Australia.

It is through her hardships that Mercy values remain steadfast in Mercy Schools today. We also explored the places visited by the first Mercy Sisters' upon their arrival in Australia. We saw the Fremantle Prison World Heritage Site and the Perth CBD in our Ursula Frayne based Amazing Race. We posed for pictures in front of landmark areas in which Ursula Frayne and the Mercy Sisters had made their mark all those years ago.

During our conference listened to talks from young people who have based their lives and actions around the Mercy Values. Notable speakers were Sophie Stewart, Farzad Mousavipour and Emily Vuong. In their presentations we were able to recognise the importance and need for mercy in the world today, from showing basic kindness to those with different abilities to showing mercy to those who seek asylum.

Our participation in the AMSSA Conference was an enlightening experience that opened our eyes to the importance of the Mercy Charism in the lives of us, as Mercy Girls, and how these values lead to a more cohesive society.

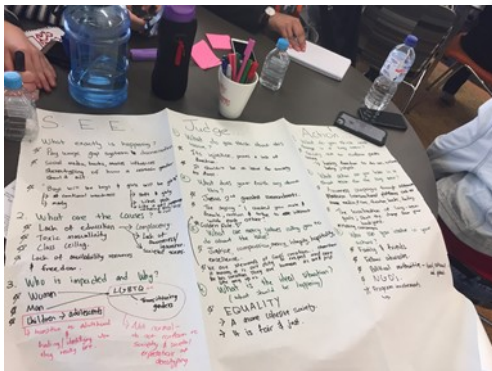
By Eleanor A and Gabrielle P



Mrs Symons, Gaby and Eleanor with Catherine McAuley statue



Fremantle Convent



Brainstorming ideas to bring back to Mercy College



Driving back to the Airport



Music Trivia- We Won !!!



## **WELL MANNERED STUDENTS —A NOTE OF APPRECIATION**

I would just like to inform your school of some very impressive behaviour from 2 of your students on a city bound train last Friday.

I boarded the train in Turrumurra with my elderly parents. The train was busy as it was 8 am. Two girls immediately vacated their seats and gestured to my parents to take a seat which they were very grateful for. We thanked the girls and they smiled appreciatively.

Whilst we hope our kids will always do this, it's not always the case. I thought that a bit of positive feedback would be appreciated .

Kind Regards  
Nicola R.



**[CLICK HERE FOR MORE INFORMATION](#)**

## "Mercy Chamber Choir"

**2018 "Australian War Requiem"**  
**Sunday, 11<sup>th</sup> September 3pm – 5pm**  
**Sydney Town Hall**

**Sunday 11 November 2018 3.00pm** **Sydney Town Hall** [SydneySings.com](http://SydneySings.com)

**SYDNEY UNIVERSITY GRADUATE CHOIR** + *GUEST CHOIR* and Orchestra

Taryn Fiebig Soprano  
Ashlyn Tymms Mezzo-Soprano  
Andrew Goodwin Tenor  
Adrian Tamburini Bass  
Wade Kernot Bass

Mercy Catholic College and Waitara Voices Children's Choirs

**Christopher Bowen** Music Director

This special concert on the day of the centenary of World War I's armistice presents **CHRISTOPHER BOWEN's AN AUSTRALIAN WAR REQUIEM**, a critically acclaimed meditation on conflict and loss with a uniquely Australian perspective. Set to a deeply moving libretto created by PAMELA TRAYNOR, based on letters between Australian soldiers at the front and their mothers. The work transcends the national context to portray the grief and loss as a truly universal experience.

**Tickets:** A Reserve \$55 | \$45<sup>1</sup> | \$25<sup>2</sup>  
B Reserve \$40 | \$30<sup>1</sup> | \$25<sup>2</sup>

<sup>1</sup> Full Pensioners (no seniors card)  
<sup>2</sup> Children 16 and under, F/T Students

[Click here to buy tickets online](http://sydunigradchoir.eventbrite.com)  
[sydunigradchoir.eventbrite.com](http://sydunigradchoir.eventbrite.com)

NSW GOVERNMENT AUSTRALIAN WAR MEMORIAL 1918 Australian Government Department of Veterans' Affairs CITY OF SYDNEY Sydney University Graduate Choir @sydunigradchoir

### THE AUSTRALIAN WAR REQUIEM

Last Friday the students in the Chamber Choir joined Waitara Voices for a combined rehearsal in preparation for their performance in the 'Australian War Requiem' on Remembrance Day in the Sydney Town Hall. This original work is based largely on the intensely personal letters written between young soldiers and their mothers during WWI. The composer and conductor Christopher Bowen attended the rehearsal and spent time refining the music with the students for this special performance.

Prior to this rehearsal students from the Chamber Choir and Year 9 History listened to Mr Bowen and the Librettist Pamela Traynor speak about the enormous research process that took place in order to capture through music the horror of war, the reflection of loss endured by our nation, the political ramifications and the role played by women in the war effort. Thank you to Ms McDonald who prepared and organised the Year 9 History students to attend this presentation.

If you would like to be a part of the audience and support our College Chamber Choir in this performance, you can purchase tickets online through Eventbrite. <https://www.eventbrite.com.au>.

**Ms Kathryn McGreal**  
**Director: Mercy Chamber Choir**

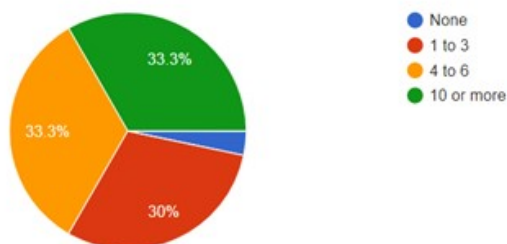
Christopher Bowen leading the rehearsal with the combined choirs in the school Chapel





On Thursday, September 20, 2018, a number of English classes took the time to stop what they were doing for one hour and picked up a book. Australian Reading Hour is in its second year and it's an initiative that has the aim of getting Australians to either rediscover or introduce themselves to the benefits of reading.

213 students who completed a survey for Reading Hour let us know that they do try and read, with over a third of students reading more than 10 books so far this year.



*If I have trouble getting to sleep, which is most nights, I read. Reading is very calming and helps me get to sleep. By getting into the routine of reading before bed, I have successfully been able to read more consistently.*

*If you are going through a tough time, find a book that expresses these feelings so that you can relate. If you have difficulty in English, then challenge yourself with different ranges of books.*

**Ms T Munro**  
***English Teacher***

### Year 9 Textiles Technology "Comforting Cushions"

The Year 9 Textiles students have spent the past 10 weeks designing and making a variety of decorative cushions.

The students experimented with fabric dyeing, printing, applique, embroidery, mirror works, macrame, weaving, piping and fabric manipulation.

They produced a selection of high quality room, lounge, floor and outdoor cushions. Well done Year 9.



**Ms Holman**  
**Textiles Teacher**



### TOM—TOURNAMENT OF THE MINDS

Tournament of the Minds is a program that requires teams to solve two open-ended challenges, whilst applying a range of skills in order to produce unique and creative outcomes which the Mercy girls successfully accomplished. TOM was an exciting opportunity to develop creative problem solving approaches and techniques while fostering cooperative learning and teamwork skills.

I am incredibly proud of my team because of all the work that they put into preparing for the day along with the consistent positive approach and for being such determined, dedicated team mates.

No matter the difficulties faced throughout the challenges we all managed to keep doing our best and it was definitely worth the time and effort that we all put into the challenges. TOM was such a memorable experience and I encourage all students to take part in the program when the opportunity arises.

Sophie M

A huge THANK YOU to all three TOM Teams who gave up countless lunchtimes, before school, after school and holiday time to work on their challenges!

**Mr E Regoli**  
**Careers Advisor**





### **OVER DUE SCHOOL FEES**

#### **Changes to the management of overdue school fees**

The management of overdue school fees within the Diocese of Broken Bay will be centralised at the Catholic Schools Office located at Pennant Hills. The new arrangement will be a staged implementation across all schools, and will have an impact on Mercy College families from Term 4, 2018.

This will ensure a consistent approach to managing overdue school fees across Broken Bay systemic schools, and reduce operating costs following recent funding changes.

The Fees Liaison Team has been established at the Catholic Schools Office. During Term 4 2018, families who are affected will be contacted by a team member to discuss payment arrangements. In the meantime, families who wish to discuss their situation can contact the team as below.

#### **Fees Liaison Team**

**Telephone:** 9847 0728

**Email:**

[schoolfees@dbb.org.au](mailto:schoolfees@dbb.org.au)

### **COLLEGE BACKPACK AND SPORTS BAG**

Mercy Catholic College Backpack and Sports Bag will no longer be available through Lowes.

The new supplier will be Cowan and Lewis located at 1315 Pacific Hwy, Turramurra.

Backpack orders may be placed online or alternatively, parents are welcome to go to the shop Monday- Friday between 9:00am and 5:00pm or Saturday 9:00am-12:00pm.

Although currently in production, the backpack will be available in early November. To order online:

Go to <http://cowanlewis.com.au>

Hover over the **SCHOOLWEAR** link

Click **ON CAMPUS**

Locate Mercy Catholic College and place order

Review your cart, enter your details and select payment method and shipping method. Proceed to checkout to complete your order.

Shipping Methods – Free delivery to school, twice per week on Tuesday and Thursday

Purchases may also be posted home for a fee

Payment methods – Credit card, print fax order form or arrange a phone call for an over the phone payment.

Please note, that discussion is still underway in regards to the Sports bag design but they will also soon be available.

If you require any assistance with online ordering, please contact Cowan and Lewis on (02) 9449 8931.

**Ms Kath Parker**  
***Business Manager***

### **P&F MEETING—ANNUAL GENERAL MEETING**

Thank you to the parents who attended the AGM on Wednesday evening. The positions of President, Vice – President and Secretary have been filled. We are looking for expressions of interest for the Treasurers position. If you are interested in supporting Mercy College in this position please let me know.

### **THANK YOU**

As my year as President draws to a close, I would like to give a word of thanks. Firstly, to my fellow P&F executive members, Shyla Stephen, Anneliese Pearce and Jacqui Hester. Thank you for all your hard work and effort you have put in throughout the year. It has been a pleasure getting to know you all.

To Suzanne, Liz and their amazing executive, teachers and office staff, I am truly grateful for all your support and guidance and constant encouragement. It has been my honour and privilege to hold this position this year.

Last but certainly not least, to all the parents that have consistently offered their assistance at every single function, that have showed up to all the meetings, that have taught me and guided me and supported me – I do not have the words to convey how lucky I feel to have met you. Your continued support of the College is indispensable. Thank you all!

### **YEAR 7 WELCOME BBQ**

On Friday November 16 (6.00pm - 8.00pm), MCC will be holding a Year 7 2019 Information Evening. The P&F and current Year 9 parents run a BBQ for the incoming Year 7 students and the current Year 9 students who will be their "Big Sisters". If you have a daughter in Year 9 and would like to help out on the evening, please send me an email to let me know.

### **YEAR GROUP GATHERINGS**

If your Year group has not had a social gathering and you would be interested in a get together with other parents in your particular year group feel free to send me an email. If there are enough people in a Year group interested in a get together I will arrange one for you at the Willoughby Hotel.

**Tina Teixeira**



Rest  
Refresh  
Renew



'Come away to a  
quiet place by  
yourselves and  
rest a while.'

Mark 6:31

## A Parent Retreat Day

*'Ancient Wisdom, Contemporary Lives'*



Friday 2<sup>nd</sup> Nov 2018. 9am-4pm  
St Joseph's Spirituality Centre  
8 Humphrey's Rd, Kincumber South

Cost: \$20 suggested donation (pay on the day)

Bookings: [Sallyanne.butel@dbb.catholic.edu.au](mailto:Sallyanne.butel@dbb.catholic.edu.au) RSVP: 20<sup>th</sup> Oct

Guest speaker: *Rabbi Gad Krebs*

Followed by Workshops & Walks by the Water.

How do we tap the **deep wisdom** of our **life** experience, **family** ancestry and faith **tradition**, and pass on to our children what is most precious to us? Join us for a restful day of '**soul food**' and reflection in a beautiful **natural** environment, on **sacred** ground where St Mary MacKillop, and indigenous Australian ancestors, once walked.

[Details overleaf]

2<sup>nd</sup> November is  
*All Souls Day*

Join us in a Mass of  
remembrance for our loved  
ones at 2pm.



## Program



### Rabbi Gad Krebs

Rabbi Gad, from Masada Synagogue, St Ives, is married to Tamar and they have four children. He is a gifted speaker and a generous contributor to education initiatives in our Diocese and beyond.



*'Dialogue and friendship with the Jewish people are part of the life of Jesus' disciples.'* - Pope Francis

The overall program will be facilitated by team members of CSO Broken Bay.

## *More about our Retreat Day*

And tips to make the most of it!

Fri 2 Nov 2018

- 9.00 Gather
- 9.15 Rabbi Gad Krebs
- 10.45 Morning Tea
- 11.15 Workshop #1
- 12.30 Lunch
- 1.00 Workshop #2
- 2.00 All Souls Day Mass
- 2.45 Workshop #3
- 3.30 Free time
- 4.00 Finish

Mark the calendar! Take time off work. Organise a babysitter. Car pool, enjoy the journey together!

The Workshops invite storytelling and journaling around the important events and people who have shaped our lives. The process is gentle, allowing each person to enter at their own pace.

Workshops also allow for optional solo or small group walks in the grounds, including use of Labyrinth and Stations of the Cross by the lake.

We will finish by 3.30, allowing you till 4pm to linger in the beautiful grounds if you wish.

If you can only make part of the day, we understand! Please RSVP for catering purposes.

Cost: Suggested donation \$20. Donation box available on the day.

## *We continue Walking the Way*

Despite every obstacle imaginable, the Jewish people have managed to maintain their traditions over millennia, with a remarkable capacity to adapt and innovate while drawing on the ancient wisdom of their ancestral faith.

The role of family, home, and scripture is central to this dynamic.

What can we, as Catholic parents, learn from Jewish families in our own efforts to pass on to our children the deep insights of our life experience, our faith, our ancestry, our scriptures?

This retreat day allows for gentle reflection and space to get in touch with 'who' and 'what' is most dear to our hearts, to rediscover the deep wisdom of our faith tradition as we walk with our children in faith, hope and love.

### **A special day to draw close to those we love and miss**

2 Nov is All Souls Day, a special day when Catholics remember and pray for their deceased loved ones. Our Mass will be an opportunity to do that. You may like to bring with you a small symbol that reminds you of a loved one (a flower, a photo, a memento) to have with you during the day's reflections and/or to place at the sacred space.



An initiative of the **Walking the Way** Parent Formation Program  
Catholic Schools Office, Diocese of Broken Bay

Bookings: [Sallyanne.butel@dbb.catholic.edu.au](mailto:Sallyanne.butel@dbb.catholic.edu.au)

Enquiries: Jo Spek [jo.spek@dbb.catholic.edu.au](mailto:jo.spek@dbb.catholic.edu.au)



### When:

6:30pm, Fri 16 November 2018

until mid-afternoon Sun 18 November

*(Please ensure you have had your evening meal before arriving on Friday and we will make sure you're home in time for your evening meal on Sunday.)*

### Where:

'Lutanda' Yarramundi

761 Springwood Rd, Yarramundi

*(15 mins South West of Richmond)*

### Register now.

You will not be the same again.

**Cost:** \$300 per father & son pair.

*(Includes two nights accommodation and meals plus adventure activities.)*

### To register go to:

[www.trybooking.com/417468](http://www.trybooking.com/417468)

### Enquiries: Encounter

*This Growing Good Men weekend is held in partnership with the Archdiocese of Sydney.*



### What is the question that haunts every man?

Every man needs to receive a "blessing," as Gary Smalley writes, from his father. He needs to hear with his ears, see with his eyes and believe in his heart, that the person who he is, is good enough in his father's eyes. Every boy wants his father to give him a sense of male acceptance, affirmation and affection. Boys who don't receive this from their fathers can spend decades trying to prove to themselves and to others that their actions, accomplishments and characters are worthy of their father's approval.

### How does a boy learn to become a man?

Every boy dreams of being a hero and making a difference in his world. But what happens to these dreams? How does he come to understand his masculinity? Who will form him, who will lead him, who will inspire him, who will release him into the world of men? His father. This is a big challenge and a very difficult job; one that cannot be done alone.

### How do we raise good men?

How do we produce men that are alive, real and courageous; who know their purpose and meaning, who aren't afraid of the adventure, who long for the quest, who will fight for truth and beauty with honour and integrity.



- The importance of the father and son bond for both generations
- The journey of adolescence
- Becoming a man
- Dealing with anger
- Friendship with girls and women
- The quest for identity
- Rite of Passage

Set over a weekend, the program involves: short keynote sessions, small group and father/son sharing, a wide range of challenging and engaging activities (which may include high ropes courses or similar adventure activities), reflection and prayer. The centrepiece of the program is a Rite of Passage on Saturday night. The weekend concludes with a Father's Blessing and commissioning.

**Growing Good Men** has been developed by **menALIVE**. **menALIVE** is a National Catholic Ministry to Men that has inspired and challenged men of all ages in Australia and New Zealand since its inception in 2003. **menALIVE** offers a clear vision for being a man in the contemporary world.



### A weekend experience for fathers and their teenage sons.

GROWING GOOD MEN is an experientially-based program which encourages and enables fathers and sons to strengthen their relationship and to explore important issues of growing into manhood. It is designed for fathers and their adolescent sons aged 13 to 15 years (school years 8 and 9).

*Please note: If you are unable to attend with your father, you may choose to come with another significant male person over the age of 18. In this situation, we would need a letter of consent from a parent/guardian. Should your situation not fit the two options mentioned and you still wish to attend please call us.*



*To Parents and Caregivers in the Diocese of Broken Bay*

Friday 14 September 2018  
*Feast of the Exaltation of the Cross*

Dear friends,

It is my great privilege to share news about the implementation of our new Diocesan Office for Safeguarding.

In 2017 Bishop Peter commissioned a Review of Safeguarding across the Catholic Diocese of Broken Bay by Mr Kelvin Simon, formally a Senior Investigation Officer for the NSW Ombudsman. The Simon Report furnished Bishop Peter with 20 Recommendations – all of which he accepted and sought to implement in a way that the Diocese could incorporate.

On 29 June Bishop Peter provided his formal promulgation of a new Diocesan Office for Safeguarding. In the period since Bishop Peter's departure from us, we have faithfully implemented his directions, and I share with this letter, the Charter for the new Diocesan Office that details its structure and organization. Bishop Peter's commitment to Safeguarding will be one of his enduring legacies to our Diocese.

It is with pleasure that I announce the appointment of the Director for the Diocesan Office for Safeguarding, Mrs Jodie Crisafulli, and two of three Managers for Safeguarding - each with responsibility for Safeguarding in the different sectors of our Diocesan life: Ms Tamara Hughes, Manager for Safeguarding (CSO), and Ms Melinda Rixon, Manager for Safeguarding (CatholicCare). We look forward to the appointment of a new Manager for Safeguarding (Chancery) who will have responsibility for parishes and clergy.

Our new Diocesan Director for Safeguarding, supported by our new Safeguarding Executive of the three Safeguarding Managers, will be informed by the appointment of a Safeguarding Strategic Advisory Panel which will bring national and international policy and best practice advice to our endeavour. They will also be accountable to a Safeguarding Review Panel which will provide independent evaluation of the redress we seek to provide those who have suffered abuse.

Please be assured of my prayer for God's blessings for each of you,



**Very Rev Dr David Ranson**

Diocesan Administrator

---

Caroline Chisholm Centre, PO Box 340, Pennant Hills NSW 1715, Australia  
Tel (+61 2) 8379 1614 • [diocesan.administrator@bbcatholic.org.au](mailto:diocesan.administrator@bbcatholic.org.au) • [www.bbcatholic.org.au](http://www.bbcatholic.org.au)