

*Our youth,
our church...*



Empty thrills or the power of grace?



The Bishop Speaks

As I write these words I and the twenty pilgrims from the Diocese of Armidale are making our way home from the 2016 World Youth Day in Krakow Poland. We had plenty of sunshine for our pilgrimage but also a few rainy days which didn't dampen our enthusiasm. Though we are now tired we are fired up in faith.

Before the World Youth Day events began we visited Warsaw, the Black Madonna of Czestachova, Auschwitz, John Paul II's hometown of Wadowice, the Divine Marcy Shrine in Krakow and more. We were impressed by the Polish people's deep faith in Jesus Christ, their historical struggles, deep culture, and devotion to the Mother of God.

The Twentieth Century saw this central European nation with strong Catholic roots sandwiched between two of the most ungodly ideologies ever to scourge the face of the Earth. Nazism and

Communism both wreaked havoc with particular savagery upon the people of Poland, Jews as well as Christians.

The inhumanity with which they were treated was dreadful and must never be forgotten. But from this crucible of suffering God raised up some of the greatest saints of the Twentieth Century: Faustina Kowalska; Edith Stein; Maximillian Kolbe; and of course John Paul II. Through these saints God reminded the Polish people, and indeed the whole world, of the immense dignity of *every* human being and of his own immeasurable love and mercy for us.

It was evident that the Polish people are happy and confident to be Catholic. Parish Churches everywhere are literally overflowing with people at every Sunday Mass. And they don't leave their faith at the door of the Church on a Sunday morning when Mass is finished, nor do they leave it at the



door of their home when they go to school and work in the morning. They live and talk their faith openly wherever they go. It was wonderful for our young people to see that this is normal and to realize that our situation in Australia where only the bravest of us are prepared to do this is not normal.

When World Youth Day finally got underway it was, as always, a joyful, colourful, and noisy, celebration of all things Catholic. There were opportunities everywhere to meet other Catholics from all over the world, to pray, to listen, to confess, to celebrate Mass, to dance and to sing. Our group was assigned to morning Catechesis sessions in a huge tent holding thousands of people. We were inspired at talks and Masses given by Cardinals and Archbishops from around the world.

And when Pope Francis arrived there was the simple joy of sheep gathered around their shepherd, of children gathered around their father. Like a good father, his joy at being with us was evident, his love for us was visible, and his teaching to us was clear: God loves us, he loves to be merciful to us, and he loves us to be merciful to each other. He told us not to be couch potatoes but to put on our shoes and go out to be missionaries of mercy.

In particular, Pope Francis told the young people: "Nothing is more beautiful than seeing the enthusiasm, dedication, zeal and energy with which so many young people live their lives. When Jesus

touches a young person's heart, he or she becomes capable of truly great things."

And he asked the youth a question which is poignant for us all: "Are you looking for empty thrills in life, or do you want to feel a power that can give you a lasting sense of life and fulfilment? Empty thrills or the power of grace? To find fulfilment, to gain new strength, there is a way. It is not a thing or an object, but a person, and he is alive. His name is Jesus Christ."

I was impressed by the faith of our young people, by their enthusiasm to practice mercy in their lives, and by their joy amid the challenging circumstances presented by the pilgrimage.

On our pilgrimage we prayed for our families, friends, parishes, and schools back home, and we know that you were praying for us. Please continue to pray for the young men and women who went on the World Youth Day pilgrimage. Please pray that the graces God granted them will grow and bear fruit in faithful and merciful lives.



Most Reverend Michael Kennedy
Bishop of Armidale



St Faustina Kowalska



St Edith Stein



St Maximilian Kolbe



St John Paul II



Courtney Mace

When I was chosen to go to world youth day I thought I would witness a whole lot of loving and merciful acts. Really, it was one of my expectations. When we got there this wasn't always the case. I encountered some acts of love and kindness and mercy but nothing profound. The heat, the ridiculously large crowds and some people's general impatience made some people act in rude or inconsiderate ways. I was disappointed. I was struggling to find why I was there. Then one day we were in a tram accident. Everyone in the tram was fine but no one knew if the person who had pulled out in front of the tram was OK. Just a moment later everyone on the tram started to pray. As one, we prayed the Our Father, Hail Mary and the Glory Be as a unified people. This was when I realised that this was the love I was looking for. An unforced prayer of love that had no expectations to jump up and down and to frantically dance around. It was simple and beautiful. When we all got out of the tram the driver of the car was unharmed. After this point I stopped looking. I stopped looking at the overly joyous youth around me. I stopped looking at the big picture and started looking at me. I then realised that I was surrounded by some of the most amazing people. I realised that I had a very small handful of friends that were helping me find the love of God, in my community and my biggest struggle, for myself. These people helped me address almost every issue in my life and move closer to loving myself. I have so much love to give and so much love for these people. I found peace when I realised that is why I was there and for that I am truly thankful.

Mary Davidson

..... I was warned that there would be noise. The noise during World Youth Week was consistent. From the Kapitol building we frequently heard joyous singing, chanting, clapping and laughter. From the 11th floor up just listening to the noise began to make me feel cranky, this never ending joyous noise. Was there ever going to be any silence? It made me cranky until I stood up and looked over the edge of the balcony. I watched in awestruck joy at the way faith and Christianity were bringing people together. The singing and dancing on the street and park and grassed areas of the AGH University Campus was lead by a group who welcomed anyone who just happened to be walking past, including them in their ever growing circle of song and dance and joy.

Immediately after our visit to Auschwitz we celebrated Mass. Sr. Mary spoke and told us the importance of leaving the place with peace in our hearts, for if we leave in anger then Hitler has won. Sr. Mary also explained the importance of being still and listening to the earth, listening to ourselves, listening to each other and listening to God. With the sheer number of pilgrims attending the vigil and closing Mass, estimated a 1.5 million, one would have thought that achieving silence would have been impossible. But that is just what happened. As the sun was setting and candles were lit over Campus Misericordiae, 1.5 million young people were completely silent. Not a whisper, not a giggle, not a cough. Just silence. 1.5 million young Catholics from 126 countries across the earth united in silence.

Lauren Donnelly

"I was a pilgrim, not a tourist" My journey was hard, but it wasn't just my health, it was also my faith. God and I weren't friends. We were sitting on the same bus not talking to each other. But now we are. I was pushed to my absolute limits, I hit zero and I had nowhere else to go. It was at these times, that I felt God reaching out to me...through people. The cafe girl who held my hand, promising it was going to be okay, the paramedic who couldn't speak English but every time I started to freak out he'd touch my arm and give me a little wink. To the pilgrims who rescued me in my delirium, who helped me walk, who gave me hydrolyte - even though I whinged so much about it.

For those who made me eat, even though I couldn't. I saw mercy come through these people. God's mercy. Because as alone as I felt, without the people who I love and who love me - I was never alone. I had a lot of good people looking out for me, who work for Him. I've changed on this pilgrimage. Sitting, in prayer doesn't scare me like it used too. Building my relationship with God doesn't sound so...out of reach anymore and I don't feel apologetic for being a Catholic. I'm proud. I'm proud of who I am as a person. I'm not entirely sure what I'm going to bring back to my community. I'd love to say passion, excitement and a strength in my faith, but I know I'll falter and misstep, but that's okay...because there will always be someone to catch me...it's just "God working anonymously".



World Youth Day
2016 • Kraków

CSBSJU | JULY 22 - AUGUST 02



*David Kennedy, Gerard Ryan, Henry Buckman, Ed Sagrove, Lee Herden, Majella Mumford, Fran Mumford
 Fr Francis, Katie McMeniman, Bishop Kennedy, Mary Davison, Renee Austin, Angela Farrell
 Zac Buckman, Jessica Scully, Courtney Mace, Amy Roff, Edward Ryan, Lauren Donnelly, Paul Kennedy*

Jessica Scully

Father Stephen said, "A coincidence is a miracle where God chooses to remain anonymous", and this quote has stuck with me every moment on this journey. I have had many coincidental moments which I have reflected on and come to realise that this is, in fact God speaking to me. As my healing prayers were answered at the foot of Jasna Gora, God was listening. As I was walking silently through the dull grey stony paths of Auschwitz, God was shining through the bright sun and through the care and compassion of those around me. As I was confronted with the atrocities and horrors of Auschwitz - Birkenau, God was with me when Sister Mary spoke about the importance of leaving the space not feeling upset and overcoming the journey by allowing silence to speak. As I walked through Saint John Paul II's family home, God was with me in the utter happiness I felt. As I visited the incredible Divine Mercy Shrine, God was with me in the silence and calm atmosphere. As I heard news of my lost dog (back at home), God was with me

by protecting her, as she was found hiding near my Parish Church. As my new pilgrim buddies took me out to lunch for my birthday, God was with me through the laughter and conversations. As I walked to the sleep out with 1.5 million others being crammed in and sharing in only the absolute basics, God was present in the joy of those around me. As I battled the enormous crowds at the Vigil, God was with me when a friend offered her spot for me to get a closer look at Pope Francis. As I ventured across the world with unknown faces, God has provided me with lifelong friendships, and as I endured incredible battles, personally, physically, emotionally and spiritually, it was through these challenges that my relationship with God has strengthened. God may remain voiceless in my everyday life but I feel I have developed a comfort in knowing that these coincidences are his way of communicating with me. Since this realisation, I have begun taking a step back, consuming in and gaining a greater understanding and love for how God is talking to me.



Angela Farrell

I have now been blessed to have attended four World Youth Days. One thing I have learnt is although one may have been to a previous WYD, one can never anticipate the blessings and challenges you will experience in an upcoming pilgrimage.

WYD in Krakow was a really hard and challenging experience for me. On the Friday of WYD week, I had to take one of our pilgrims to the hospital. Whilst we were sitting in the waiting room, the Stations of the Cross commenced on the television. I was touched to see all the other WYD pilgrims in the waiting room pull out their yellow prayer books and radios and start praying the stations, whilst waiting to either see or hear news from their sick companions.

Although we were not able to attend the Stations of the Cross with our fellow pilgrims and Papa Francesco, we were able to participate in some capacity.

Amy Roff gives WYD the 'thumbs up'

Fran Mumford

John Paul II is such a wonderful role model to young people, particularly because he was Pope during the lifetime of many of those who travelled to Poland.

Walking in his footsteps through Wadowice and Kalwaria Zebrzydowska, enabled me to better understand his actions. He gave the world an incredible example of mercy, forgiving the man who tried and should have killed him. John Paul II believed it was through his devotion to Mary that he was spared and this was shown in the devotion of so many people to the Jasna Gora.

John Paul II loved the young Church and was passionate about youth living their faith. He gave us World Youth Day and he empowered us.

At WYD 2016, young Catholics stood together as a sign of hope to the world against terrorism. Pope Francis is carrying on John Paul II's legacy by giving us the tools and direction to use John Paul II's teachings. He is telling us to get up and get up now! We are not the Church of the future, we are the Church.



Getting close to Pope Francis



WORLD YOUTH DAY 2016 • Kraków

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Renee Austin

For me, World Youth Day was an opportunity to take time out of my life to grow in my faith and prayer life, and to be inspired by the amazing saints and sites of Poland. Visiting the Shrine of Divine Mercy in Kraków was a particular highlight for me.

The image of the Divine Mercy, and its inscription, 'Jesus, I trust in You', was something that really struck me, and stuck with me throughout the pilgrimage. This message was integral to WYD, and helped me and many other pilgrims through the ups and downs of our journey.

I have come to the end of the pilgrimage with new friends, new knowledge about my faith, and a great sense of peace and joy from increasing my trust in God.



Early morning at the 'sleep-out'

Katie McMeniman

This pilgrimage was not easy, it was challenging, but also very rewarding both personally and spiritually. There were times that I was struck with raw emotions when I realised the struggles and torment that the Polish people endured throughout and after the World War.

Even though they were enduring this pain, their faith and belief in God allowed them to carry through and resulted in an uprising that gave them back their freedom. This faith and the need to stand up for themselves and their country relates to the message that Pope Francis delivered during his homilies. Pope Francis stressed that too many young people are retiring before they are old, that we all need to avoid being "couch potatoes" and begin dictating our own lives. We need to stop letting those around us dictate it for us. Even if we do fall in our attempt to climb the mountain we need to remember not to remain fallen.

Kraków market square



Mother Teresa to Be Canonized September 4 in Rome



Mother Teresa to Be Canonized September 4 in Rome

Blessed Mother Teresa of Calcutta will be canonized in Rome on Sunday, September 4.

Mother Teresa of Kolkata, born Anjeze Gonxhe Bojaxhiu, (Skopje 1910-Kolkata 1997), was beatified by Pope John Paul II on Oct. 19, 2003. She founded the Missionaries of Charity in 1950 to give “wholehearted free service to the poorest of the poor.”

Pope Francis signed a decree confirming the canonization of the Albanian-born religious at a consistory on several causes of canonization in March this year.

Last year, theologians and medical experts ruled that the healing in 2008 of a Brazilian man with a brain tumor was inexplicable and owed to Blessed Mother Teresa’s intercession. A miracle is usually required to have taken place since a candidate’s beatification for him or her to be declared a saint.

Fittingly, Mother Teresa’s canonization will fall during the Jubilee of Mercy, after being on the canonization “fast track.” Less than two years after her death on Sept. 5, 1997, Pope John Paul II, now a canonized saint himself, waived the waiting period for her cause to commence.

A Brief Timeline

1910	Born – Anjeze Gonxhe Bojaxhiu in Skopje on August 26
1910	Baptized – August 27
1928	Left Home – at the age of 18 to join the Sisters of Loreto in Rathfarnham, Ireland where she learnt English
1929	Began her novitiate in India where she learnt Bengali and taught at St Teresa’s school, close to her convent
1931	First Profession – took her first Vows in May as Sr Teresa after her patroness Sr Teresa of Lisieux
1937	Final Vows – made her solemn vows on May 24 in Eastern Calcutta and was henceforth known as Mother Teresa
1946	Inspiration Day – on a train journey, ‘she was given the call within her call’ to give rise to the Missionaries of Charity family
1950	Missionaries of Charity – received permission from the Vatican October 7 and founded the sisters for the Calcutta Diocese
1996	Growth – the Missionaries of Charity were operating over 500 missions in over 100 countries. By 1997 it had more than 4000 sisters.
1997	Death – March 13 she stepped down as head of the Missionaries of Charity and died on September 5
2003	Beautification – Beautified as ‘Blessed Teresa of Calcutta’
2016	Canonisation – December 17, 2015 second miracle recognised by Pope Francis and attributed to Blessed Teresa; September 4, 2016 she will be declared ‘St Teresa of Calcutta’ by the Catholic Church

The Miracles of Mother Teresa

Beatification Miracle

A woman named Monica Besra in West Bengal had a huge abdominal tumor. Her family brought her to the Missionaries of Charity, the congregation founded by Mother Teresa in 1950. The sisters first took her to their doctors, who did not have a medical solution.

Then, on Sept. 5, 1998, the first anniversary of Mother Teresa's death, the superior took a Miraculous Medal that had been touched to Mother Teresa's body during her funeral and prayed a simple prayer. Father Kolodiejchuk recalled it as: "'Mother, today is your day. You love the poor. Please do something for Monica.' It was simple and direct."

At 1 o'clock in the morning on Sept. 6, Monica got up and found that her stomach was normal. She could not stand upright before, but that Sunday morning, Monica was standing up straight. People in church were asking, "What happened? Monica's normal."

Canonization Miracle

The 2008 miracle just approved for Mother Teresa's canonization was also indisputably dramatic. Father Kolodiejchuk detailed how, in Santos, Brazil, the man who was cured, now 42 years old, had a bacterial infection that led to multiple abscesses of the brain.

"By the 9th of December 2008, he was dying," Father Kolodiejchuk said. Doctors had tried different medicines and treatments. By 2am, the man was in extreme pain and went into a coma, near death. At 6:10pm, he was being taken to the operating room. His main doctor, a neurosurgeon, wanted to try a last-ditch surgery, but it was not doable, as the anesthesiologist couldn't perform a necessary procedure on him first.

However, since that March, the patient's wife continuously asked for Mother Teresa's intercession for her husband. Her relatives, friends and the parish priest were also praying for a miraculous cure through the blessed nun's intercession.

Meanwhile, that December day, the wife went to their parish precisely from 6:10 to 6:40pm for very intense prayer, along with the pastor, Father Elmiram Ferreira, seeking the intercession of Mother Teresa for the cure of her dying husband.

The surgeon came back to the operating room at 6:40pm. The man was inexplicably awake, in no pain, and asked, "What am I doing here?"

"Not one of the doctors could explain that medically," said Father Kolodiejchuk.

Adapted from: www.ncregister.com/daily-news/mother-teresa-2016s-saint-of-mercy

Father Tom's Diamond Jubilee

The Reverend Thomas Harold Shanahan OAM



Father Tom Shanahan returned to his former parish in Gunnedah on July 21 to celebrate his Diamond Jubilee of ordination. He celebrated Mass with Fr Thaddeus before a happy morning tea gathering in the parish hall. Ordained at St Nicholas' Church, Tamworth, in July 1956, Fr Tom came to St Joseph's Parish Gunnedah soon after as Assistant Priest to Monsignor Healey. Fr Tom was very popular in the parish and many former members of the YCW regaled stories of their fun times, along with members of the St Mary's College rugby league team who recalled their great victory at the Peel Schools carnival when the team was coached by Fr Tom in 1958. Fr Tom said he had really enjoyed his time at Gunnedah as he reflected on many happy occasions.

St Nicholas Parish Tamworth rejoiced as we celebrated the 60th Jubilee of Fr Tom's Ministry in the Priesthood. Anyone who knows Fr Tom well, also knows that he is a "no fuss" and straightforward man who would rather not be the centre of any "over the top" attention.

Born 1st October, 1932, Fr Tom grew up and spent his childhood years in Tamworth. He attended St Nicholas Primary School and Christian Brothers College before heading off to St Columba's College Springwood and St Patrick's College Manly where he studied as a seminarian. His appointments within the Diocese of Armidale have been widespread, including Gunnedah, Narrabri, Armidale, Inverell, Warialda and Barraba.

In 1965 he was made Chaplain in the Australian Military Forces and served in Vietnam in 1969. His outstanding reputation within the RSL Sub-Branch in Tamworth was highlighted at the luncheon by Sub-Branch President Mr Bob Chapman as he spoke of the mateship he and others have been fortunate enough to have forged with Fr Tom over the years.

In a world where the word "commitment" is losing much of its lustre and true meaning, we only have to look at Fr Tom to appreciate true commitment and dedication. We see it in his service to our Church and his people, we see it in his passion and love for the military services and the

ex-servicemen and women, we see it in his interactions with our children at our school and Family Masses... in his compassion for the sick, elderly and infirmed in our hospitals and his genuine, deep love of his faith.

Though retired, he continues to go about his life and ministry in a no fuss, straightforward way, yet manages to touch the lives of those he interacts with along the way through this simplicity and the genuine love he has for his faith and those around him.

Fr Richard Gleeson, who was an altar server for Fr Tom back when he was a youngster in Narrabri and also worked very closely with Fr Tom during his tenure as Parish Priest of St Nicholas, says:

"Fr Tom....in many ways the best of a former time... A man totally of his word. I will serve....and he has; I will be faithful...and he has been; I give you my life ...and 60 years proves that; I will pray...and he does; I will love my neighbour and my God and he strives to do this... Fr Tom, a man of God and a man of church and a man of the people -is truly "fair dinkum" and today we salute him. Cheers!"

When Fr Tom was awarded his Medal of the Order of Australia for his service to veterans and their families and to the community, the local Northern Daily Leader

quoted him as saying; *"I have only ever done things because I felt they were part of my path. I am lucky enough to have met so many wonderful and different people along the way - and the beauty of that is it has brought me great joy."* I think those words say so much about the simplicity but greatness of the man we have honoured in our St Nicholas Parish this past week

So again, congratulations on this wonderful occasion Fr Tom. We thank you for your outstanding contribution to our Diocese as priest, we thank you for the love, kindness and compassion you show to all you meet and we thank you for your laconic sense of humour! We pray that God continues to bless you with good health and happiness in your ministry now and always.



Former members of the YCW gathered to celebrate Fr Tom's diamond jubilee in St Joseph's Parish, Gunedah. From left, Robyn Paul, Bert and Val McCann, Fr Tom, Kay Clarke, Adba Kidd, Gus Etheridge, Brian and Marlene Sampson and Bobby Palmer. Seated: Elaine Kennedy and Phinny Herden.



Des Dries, Fr Tom, Tony Benett and Bob Groth.



Back row, from left, Ron Turner, who later played for Australia, Colin Clarke (served twice in Vietnam), Eddie Campbell, Carl Swan, Warren Lane, Tony Melick, Tony Hope. Front: Ray Outeridge, Barry Dillon, Bernie Pollock, Des (Wimpy) Dries, Bob Groth and Tony Bennett.

"Fr Tom was all round sportsman so when he was posted to St Joseph's at Gunnedah he saw that the 20 boys versus 120 girls at St Mary's College were going to need some help. He looked after us spiritually and in our sporting pursuits, especially, tennis, cricket and football. The Peel Carnival in Tamworth has left us with some very fond memories. Fr Tom said, "You just need to be disciplined, and don't drop the ball!" We were the first team to win the Open Division from Division C". Des Dries

Say Yes to Family Dinners

Some of the research summarised in the World Family Map's recent report says:

1. Eating meals as a family was the most important predictor of adolescent flourishing.
2. Students who eat meals with their families frequently are more likely to achieve high scores in reading literacy. Participation in dinner table conversations offers children opportunities to acquire vocabulary, practice producing and understanding stories and explanations, acquire general knowledge, and learn how to talk in culturally appropriate ways.
3. Eating together as a family has also been linked to showing a better commitment to learning, seeking and earning higher grades, spending more time on homework, and reading for pleasure.
4. For school-age children, regular mealtime is an even more powerful predictor of high achievement scores than time spent in school, doing homework, playing sports or doing art.



5. Eating together as a family has been linked to reduced levels of substance and alcohol use and lower levels of depression.

So there you have it: cooking the family dinner is a very valuable activity and making the effort to sit around the table together is worth it.

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2016 World Mission Month

Catholic Mission has launched its 2016 World Mission Month Appeal, focusing on education in Cambodia and carrying the theme 'Just as you did it to one of the least of these ... you did it to me.'

The Appeal, which will be conducted in parishes and schools across the Armidale Diocese throughout October, reveals the efforts of Sister Eulie Desacula and the Daughters of Charity to reach disadvantaged children in Phnom Penh with their innovative Mobile Tuk-Tuk Education Centre.

The Sisters have been providing care and education for children for over a decade at the Lindalva Centre on the outskirts of the city; however, unable to reach scores of children, who for various reasons could attend neither the centre nor public school, they established the additional project with the support of Catholic Mission. Jacqueline Toakley, Diocesan Director of Catholic Mission, says the project affords invaluable access to education. "Sadly, too many children in Cambodia cannot attend school without the required documents, like a birth certificate. This innovative program can proactively take education to the children who need it the most." Locally formed teachers take the tuk-tuk out to small communities, providing children with lessons in language, hygiene, life skills, children's rights and cultural heritage, while fresh meals promote healthy eating.

The Mobile Tuk-Tuk Education Centre allows children to access education and ultimately to avoid the possibility of falling victim to a merciless reality of prostitution, child trafficking and drugs.

"Sister Eulie knows from experience the positive difference education can make in a young child's life," said Jacqueline "In addition, the sisters are gently building trust and inspiring Christian values in the community through their actions."

Sister Eulie now urgently wants to expand the project's reach into other communities. "If these children receive a good education, they can become freer to decide for their own lives," she said. "These children will be freed from the poverty which their parents are experiencing now."

The World Mission Month Appeal also includes the inspirational DVD 'Just as you did it to one of the least of these ... you did it to me', which can be found online, along with other interactive materials for anyone who wishes to engage further with the work of Catholic Mission around the world, including through prayerful or financial support. You can access these materials and further information about the appeal at catholicmission.org.au/cambodia. Alternatively, you can support Catholic Mission by calling the toll free number 1800 257 296 or the Armidale office on 6771 3517.





2016 Community Sleep-out in Armidale

What is it like to be homeless? What would it be like to have to sleep out in the cold, in your car or a friend's garage? Join in the 2016 Community Sleep-out in Armidale to experience this predicament and get an idea of what it would be like for homeless people to exist without the modern conveniences that we take for granted.

According to the most recent ABS statistics, there are approximately 200 people in the Armidale region who are experiencing homelessness. We need to re think what that looks like though, and challenge some stereotypes. There are plenty of people living in parks, under bridges and in ally-ways. The traditional notion of a 'scruffy' elderly man is what comes to mind for many. However, there are many people who are living in their cars, in emergency or temporary accommodation, 'couch surfing' or in a friend's garage. Many homeless people are invisible. Approximately, 44% of all people without a home are Women, many with Children and some are fleeing from domestically violent situations and who don't have the means to both pay rent and eat at the same time.

Last financial year, St Vincent de Paul provided approximately \$100,000 in aid to people of the Armidale Region. Much of this was in the form of low cost housing, rental payments, assistance to pay utility bills and food. The St Vincent de Paul Society always aims to give a 'hand up' rather than a 'hand out' to those in need and often that assistance is given to prevent homelessness.

To get involved contact Vinnies Armidale via phone or email: 0433810423/ armidaleyouth@vinnies.org.au.

RCIA (Rite of Christian Initiation of Adults) Program is starting soon . . .

An RCIA team with members from the three parishes of Tamworth will be conducting two information sessions next month (September) for those interested in learning more about the Catholic Faith. All are welcome. Please come along ! There is no obligation. You may have a friend who has expressed an interest in becoming a Catholic and these sessions may be just what they need to ask any questions they have. To help with seating arrangements, please confirm by phone or email (see below).



Interested in learning more about the Catholic faith?

Information sessions in Tamworth

- Wednesday 14th September, Mary Help of Christians Hall, 7.30pm
- Saturday 17th September, St. Nicholas Primary School Hall, 2.00pm

Please book your place

phone: 67662228 or email: catholicinquirytamworth@gmail.com



Originally from Ceylon (now Sri Lanka), Bernard and Irene came to Armidale in 1971 when Bernard took up a Lectureship in Geography at the University of New England. They had lived for a number of years in the United Kingdom before this, where Bernard had taught Geography at Catholic schools in Sussex. Bernard completed his Doctor of Philosophy at Sussex University. Later he was an academic at the University of Singapore before moving to Armidale.

On their arrival in Armidale with their young family, Bernard and Irene became active in parish activities. Irene and Bernard were excellent hosts, and their home was a regular venue for both priests and parishioners, with many an evening's meal followed by entertainment provided by Irene, an accomplished pianist. Bernard is very thankful for the opportunity that Armidale provided him to think, pray, write and teach for the past forty-five years.

Bernard introduced the discipline of Peace Studies to UNE in the late 1970's. He wished to extend the academic study of the causes of peace and conflict beyond the secular domain to include a spiritual dimension. Bernard's considerable success in this regard is illustrated by the fact that Peace Studies is still a major discipline at UNE. Bernard has written and distributed fifty editions of a

pamphlet '*Catholic for Life*' in which he reflected on elements of our faith and Catholic teaching. These can be accessed at Bernard's website www.christicpeace.com.

Irene has been one of the lynchpins of the Armidale Cenacle of Prayer, a group of parishioners who have met regularly for many years to pray to Our Lady for the work and well-being of our Catholic priests. In the early days around thirty five parishioners would gather weekly for prayer, and while the Cenacle is still active, numbers have dropped to about seven or eight regulars. Both Bernard and Irene have termed our priests as 'precious resources but almost an endangered species', and wish all parishioners to love, befriend and pray for them.

Bernard and Irene have been blessed with a faithful and fruitful marriage of more than 63 years, and while not enjoying the best of health in recent times (Irene is 86 and Bernard 88), they continue to be very committed to their faith and positive in outlook.

Bishop Michael Kennedy met with Bernard and Irene recently, and presented them with the Bishop's medal for commitment and fidelity to the Church in the Cathedral Parish of Armidale.

Contributed by Nick Hanson

Around and About

Filled with the Blessings of the Holy Spirit

St Joseph's Church, Gunnedah, was filled to capacity for the confirmation of 28 young parishioners by Bishop Michael Kennedy in June. The beautiful ceremony reflected the blessings of the Holy Spirit as the children were anointed with Chrism and offered the gifts of Wisdom, Understanding, Counsel, Fortitude, Knowledge, Piety and Fear of the Lord. The historic old church was filled with the sounds of young voices as the youth choir and musicians shared their gift of music joined by the congregation. Parish Priest, Fr John McHugh and assistant Fr Thaddeus Ike, con-celebrated the Mass, which was followed by morning tea in the parish hall and cutting of the celebration cake.

Bishop Kennedy also visited St Xavier's Primary School on Friday for a reflection day and retreat and joined Parishioners at Sacred Heart Boggabri for supper after celebrating Mass on Saturday night.



Confirmation Candidates celebrate with Bishop Kennedy, Fr John McHugh and Fr Thaddeus Ike



Sr Maria with the Sacred Heart Professional Learning Community

A fresh new look

In response to a letter from the Member for Tamworth, Mr Kevin Anderson, reminding the Parish Council that State Government funds are available for projects which enhance community facilities an application was made for a grant to replace the thirty-three-year-old carpet in Mary Help of Christians Church in the Parish of St Edward's, South Tamworth. The application was successful and we now have a sparkling new carpet, red in the sanctuary and blue in the body of the church. Recently Mr Anderson and his son, Samuel, visited Mary Help of Christians to inspect the new carpet.

Kevin Anderson MP, Brian Sullivan, Garry McSweeney, Samuel Anderson, Father Paul Aguilar, Deacon Paul Manvell.

Farewell Sr Maria

Late last term was a sad occasion at Sacred Heart Primary, Boggabri, as everyone from the school community attended a special morning tea to farewell Sr Maria Harrex as she embarks on retirement in Sydney. As a token of appreciation for the many things that she has done for the school in the sixteen years that she has been with us, the school presented Sr Maria with a cake and also a collage depicting various scenes from Boggabri. Children and staff members also gave her individual presents as a token of appreciation for everything that she has done during her time with us. Sr Maria's expertise and commitment to the parish will always be remembered and her support will be missed by many students, teachers and parents. We wish Sr Maria every success and happiness as she begins the next chapter of her life.



Around and About



First Holy Communicants celebrate with cake

Honour & Responsibility of being an Altar Servers

Seventeen boys and girls were commissioned as altar servers during Mass last month at St Edwards, South Tamworth. After the commissioning they were dressed by their parents in their new altar server's cassock and presented with an altar server's cross by Father Paul Aguilar. Father Paul congratulated the servers and their parents on the commitment that they had made and reminded them that with this honour comes responsibility. After Mass the servers, their parents, teachers and parishioners along with Father Paul and Deacon Paul Manvell enjoyed morning tea in the parish hall.

Deacon Paul Manvell, Father Paul Aguilar, newly commissioned altar servers: Katelin Abra, Jozhua de Jesus, Bailey Evans, Eleanor Pawsey, Marianne Flood, Sienna Haynes, Nicholas Maloney, Hannah Evans, Caitlin Jackson, Amelia Newlan, Emma Newlan, Ariel Mettam, Liam Dahl, Hannah Pawsey, Thomas Errington, Kerwin Richards and Bryce Walsh.

St Pat's First Communion

At the 9am Mass on Sunday 26 June, twenty-nine children from Saint Patrick's Parish West Tamworth made their first Holy Communion. The children from Saint Joseph's Catholic Primary School West Tamworth, Tamworth West Public School and Westdale Public School were very well prepared by their teachers and catechists: Mrs Judy Ryan and Mr Darryl Martin (REC) of Saint Joseph's School and Mrs Barbara Brennan, Mr Michael Donaldson, Mrs Narelle Burke (catechists) and Mrs Wendy Emery (SRE Parish Co-ordinator). Saint Patrick's Parish Church was packed with parishioners and the families of the first communicants. This was a truly wonderful Eucharistic celebration. What a joy it would be to see these children and their families come to their Eucharistic Lord every Sunday. Fr. John Macdonald, PP



Josh Martin, Jessica Martin, Sarah Martin & 'Nanny Sue'; Sue Martin.

Grandparent's Day!

The children at St Edward's School celebrated our annual Grandparent's Day last Friday at our Primary campus. We had a huge number of families attend the day and participate in the activities being hosted as well as our liturgy. Our grandparents joined in our celebrations, enjoyed a giggle or two and shed a tear as they watched the children read, sing and recite poetry. We were blessed to have them stay and enjoy morning tea and would like to thank Mclean Care in particular for providing morning tea and allowing a number of their residents to come and share the celebrations. A fantastic day shared by all!

Around and About

Mass of Remembrance

Representatives from St Brigid's Parish Quirindi travelled to St Michael's Church Inverell to attend the Mass of Remembrance for Father Roel Llave's mother who passed away. Father Roel concelebrated the Mass with Fr Vic, Fr Ronnie, Father Joe, Father Abmar, Father Paul Anthony. Friends from throughout the Dioceses also joined parishioners of St Michael's to pray for the repose of the soul of Concepcion Llave. After the Mass, Father Roel hosted and provided a delicious lunch for all who attended.



Father Roel, Father Abma, Michael Perkins, Denise Webster, Father Ronnie, Patricia Perkins, Father Vic, Sister Therese Conroy RSJ & John Webster

One of a Kind

Our Parish Pastoral Assistant, Sr Pat Duffy has retired. She will be greatly missed . . .

Sr Pat didn't want any fuss, or a presentation at Mass, so the choir (of which she has been a member) sang her a hymn of blessing. There was a morning tea in her honour after Mass.



Sr Pat Duffy enjoying the hymn of blessing, sung especially for her.

Back from WYD?

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Around and About



First Holy Communicants in prayer

St Martha's Table

A new pastoral initiative of the Armidale Cathedral Parish. It aims at bringing together the faithful seniors of the Parish on the First Tuesday of the month, following morning Mass, in the newly established Holy Family Parish Centre for morning tea. It's an opportunity to gather with the priests and staff of the Cathedral to share a cuppa and a scone, and to catch up on what's happening in the Parish and to discuss future directions. It's a time also, to acknowledge the years of loyal and faithful service our seniors have provided to the Parish. We value our seniors. Our Cathedral Parish is *ACROSS THE GENERATIONS*.



St Nicholas Parish - First Holy Communion Mass

Congratulations to all the children who made their First Holy Communion at St Nicholas Parish Mass on Sunday, 26th June 2016. The Parish would like to congratulate the children on their reverence and active participation in the Mass. Thank you to Ms Rosemary Kinsela, Mrs Carol Wheaton, Mr Peter Flynn, Mrs Karen Dickie, Mrs Belinda Tyrrell, Miss Anna Phelps for preparing the students so well for this sacrament. The St Nicholas School Choir provided beautiful singing while Callie Michell, Miller Lloyd and Charlotte Triall were excellent altar servers. A final thankyou to Father Joe, for making the Mass so inclusive and memorable for the candidates.



Fr Bernie Frize, Frances O'Brien, Carl Hooper, Fr Paul Chandler, Jean Brennan, Theresia Turner, Maree King & Joshua Turner.

Our own Pokemon Parish?

St Patrick's, in West Tamworth has been getting some unusual attention lately. Many young people have been driving past and stopping at the front of the church with mobile devices in their hands. The new Pokemon Go game, available for mobile phones and tablets has taken the world by storm and St Patrick's has been swept up in it. Pokemon Go uses a real-world environment that incorporates computer-generated elements, such as GPS data, sound and video. Users move around in the real world as they collect tiny virtual creatures called Pokemon — short for pocket monsters. The church is a collection point or PokeStop where players find resources to help them collect the pokemon. Let's welcome this, new age phenomena and pray that these young people take an interest in the inside of the church as well as the outside.

Seniors cashing in for their future

There are many reasons seniors might consider a lifestyle change into a Retirement Village, but perhaps one of the biggest factors is the growing cost of living and the affordable and alternative options an Oak Tree Retirement lifestyle can offer.

Oak Tree Residents as far north as Cairns in Queensland, to as far south as Kingston in Tasmania, have been enticed by Oak Tree's affordability, with many realising an untapped source of hard-earned equity in their homes which once sold, they can use to set themselves up for the future and enjoy the benefits of a relaxed retirement lifestyle.

"Many of our residents often remark that for the first time in their lives they have money left over in the bank after they have sold their homes and moved into one of our villages," said CEO of Oak Tree Mr Mark Bindon.

"This residual money means they have genuine savings and cash to enjoy regular vacations, fund medical expenses, upgrade to a reliable vehicle, buy new furniture suitable for their next stage in life and generally enjoy life more".

"Family homes often require extensive repair and expense but buying into a retirement village presents as a viable

financial option in that they have the opportunity to avoid such costs," he said.

Oak Tree Retirement Village Armidale offers brand new turn-key homes which are ready for residents to simply move in and relax.

The comfortable one and two bedroom homes require minimum upkeep and all external maintenance, including landscaping, is handled by the village operator, making it easier for residents to enjoy a stress-free lifestyle.

"There are weekly costs to run the village which include such costs as council and water rates, but these are equally shared amongst residents".

"This helps keep the costs down to the individual resident," said Mr Bindon.

"We continually review our pricing and village running costs to ensure we provide value for money to our residents and affordable retirement living options to Australians."

To register your interest or for more information please phone 1300 367 155.

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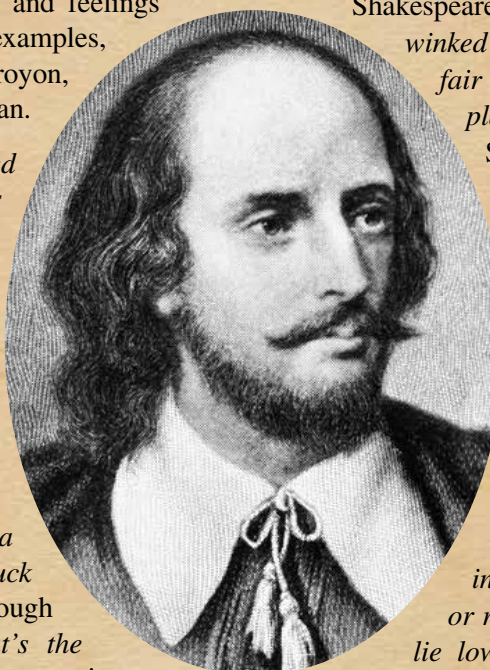
Shakespeare Lives Among Us!

William Shakespeare Born: April 1564 Died: May 3, 1616.

This year we celebrate 500 years since the death of William Shakespeare, a man whose life has had a profound influence on the way we express our thoughts and feelings today. Here are some examples, taken from Rob Broyon, English actor and comedian.

If you have ever *laughed yourself into stitches* or had *cold comfort* you are quoting Shakespeare. Had *too much of a good thing, seen better days or lived in a fool's paradise*, said *more fool you!*.... you are quoting Shakespeare.

Have you thought *it is a foregone conclusion as luck would have it*, even though *it's early days and that's the long and short of it*, you are quoting Shakespeare. If you believe *the game is up and that truth will out, act more in sorrow than in anger* and *refuse to budge an inch*..... you are quoting Shakespeare.



Have you *slept not one wink*, *suffered from green-eyed jealousy*, *played fast and loose* or been *tongue-tied*, you are quoting Shakespeare. Have you been *hood-winked* or *in a pickle*, insisted on *fair play* but suspected *foul play* you are quoting Shakespeare.

Have you *bid me good riddance*, *sent me packing*, thought I was *dead as a door-nail* and *a laughing stock*? Or perhaps, *if the truth were known* you see me as a *tower of strength*, you are quoting Shakespeare. Has your lost property *vanished into thin air*, *without rhyme or reason* and you have had to *lie low*..... you are quoting Shakespeare.

If you can't understand an argument and *it's all Greek to you*, then you are quoting Shakespeare!



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Teaching staff from across the Diocese enjoy the Sanctity of Life professional development days

Sanctity of Life Professional Development Days

This year is the second stage of professional development for teaching staff across the Armidale Diocese on the Catholic Principles and Values for the New NSW Curriculum document. This document is central for implementing core Catholic Principles and Values into curriculum planning and teacher planning of units of work in all Key Learning Areas. The focus for this year is the Principle of *The Sanctity of Life* focusing on the core Catholic Values of the Life and Dignity of the Human Person, Human Rights and Responsibilities that protect the dignity of the human person and the Stewardship of God's Creation.

Three Professional Development Days on the Sanctity of Life were conducted during Term 2 for teaching staff across the Armidale Diocese. The Professional Development Days are world class with locally, nationally and internationally recognised presenters discussing the often difficult and confronting topics around the Sanctity of Life from a Catholic perspective including; Special Issues of Life - Euthanasia, Palliative Care and Assisted Suicide, The Sanctity of Life - Rights and Responsibilities, The Beginning of Life - IVF, assisted technologies and the dignity of the human person, The Joy of Life - the richness that those with disabilities can bring and Stewardship of God's Creation - the Church's teachings of stewardship of our world and its resources.

The professional development days were presented in three sessions. Session One the Key Note Address to all participants, Session Two participants attend three Workshops (detailed below) and Session Three a panel session where participants have the opportunity to ask questions of each of the presenters. The presenters are experts in their chosen fields and bring a wealth of knowledge and experience to the days, informing the participants' theological understanding of the Sanctity of Life.

The key note address and workshops on Special Issues of Life was given by Dr Dan Fleming, Dean of Studies and Lecturer in Theology and Ethics at The Broken Bay Institute and joint lecturer for the School of Humanities and Social Sciences at the University of Newcastle, and an adjunct lecturer in the School of Education at the University of Tasmania. The workshop on The Joy of Life was conducted by Mrs Patricia Mowbray OAM who trained as a special education teacher and with her husband Glenn adopted four children with disabilities. Trish currently works as a disability projects officer. Fr Paul McCabe, Parish Priest of St Francis Xavier's Parish, Moree and a well-known contributor to Catholic publications, ran a workshop on our rights and responsibilities as they relate to the Sanctity of life. In Moree The Joy of Life was presented by Dr Ray Campbell PhD, the Director of Queensland Bio Ethics Centre and in Tamworth and Armidale The Joy of Life was presented by Dr Colin Patterson from the John Paul II Institute for Marriage and Family in Melbourne. The Stewardship of God's Creation was also addressed by two presenters, Jacqui Remond and Simon Habel, both from Catholic Earthcare. Jacqui presented in Moree and Tamworth and is the National Director of Catholic Earthcare Australia, the Convener of the National Council of Churches Australia Eco Mission Project, the NSW Eco Mission Network, one of the founding members and on the steering committee of the Global Catholic Climate Movement, and a member of the Australian Education Sustainability Alliance and the Justice and Peace Advisory Council in Sydney. Simon presented in Tamworth and Armidale. He is the Program Manager for Catholic Earthcare Australia and has many years of experience working in the area of biodiversity conservation both nationally and internationally.



We are the same, but different

Each Thursday morning the St Nicholas, Tamworth, Year 1 classes break into their writing groups to work on various writing tasks with different teachers. For the first three weeks in Term 3 we have been learning to write an explanation using the beautiful children's book "Whoever You Are, Wherever You Are" by Mem Fox as inspiration. In our first task, the children were asked to explain how they were alike and different to other children around the world. The following poignant explanations were written by members of the Superstars writing group:

"I am like other children in the world because I have God to guide me and I have a heart to love with just like others. I am different to other children in the world because our languages may be different and our celebrations may be different." (Erica)

"I am like other children in the world because we have the same person looking over us. Also, because we have a heart just like they have. I am different to other children in the world because I have a different school. There are other different things as well and one is that they have different babies that might be huge." (Tom)

"I am like other children in the world because our blood is the same and most importantly we all live in this BIG WIDE WORLD and really need to look after one another. I am different to children in the world because our personalities are not the same and our lands may be different." (Cleo)

"I am like other children in the world because I have a heart and we all have a heart to love with. I am different to other children in the world because we don't have the same hair colour." (Harry)

"I am like other children in the world because we all have sorrows and feel sad. I am different to other children in the world because we follow different cultures and believe in different things." (Seamus)

"I'm like other children in the world because I may fall over like them and bleed like them, but their hospital may be different. Their country may have different customs to mine." (Olivia)

"I am like other children in the world because we talk to God every single day. I am different to other children in the world because other children don't do the exact same thing as us – like speaking a different language." (Edward)

"I am like other children in the world because their body parts are just like mine and their blood is just like mine. Their brain is the same as mine. I'm different to other children in the world because I live in a different house to theirs; I have different friends to them and a different school." (Keeley)



Charlie Newberry, Jace Single, Parker O'Neil, Fred Eather, Davey Marsh working hard on their writing task



Hudson Cantwell, Lilli Fitzgibbon, Ella Gallagher and Charlotte Newsome



ADIG – The importance of savings goals.

One of the things we talk about to students on our school visits is goal setting and the importance of small regular savings.

We encourage this by reminding the students of the benefits of small, regular savings and reward them with surprises each term for making small regular deposits in their savings accounts.

Savings, big or small, is something we often forget about as adults. As adults, we tend to 'keep track of finances' rather than also 'planning ahead.'

We carefully consider mortgage repayments and varietal insurance costs. We cost carefully for our children's education and needs.

Many families live pay-cheque to pay-cheque. Our budgets should also include modest, regular savings.

We need to set goals financially and, steadily and surely, work towards them. Your goal could be as simple as putting some money aside for emergencies or Christmas or you may want to save for something specific, like a home deposit, a car, a holiday or retirement.

Some techniques used by confident savers include:

- Regular deduction from payroll
- Know how much money is needed
- Have a clear savings plan
- Regularly review your progress
- Have a specific saving time frame

Those who review and commit to their savings goals are more likely to achieve them. Whatever your circumstances, once you start a regular savings plan you may surprise yourself with how much you can achieve once you put your mind to it.

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Is social media messing with children's morals?

We have all heard complaints that young people are spending too much time online and not enough time in the “real world”.

More worrying, perhaps, than the amount of time spent online, are the findings that suggest social media use can actually influence users' personality and character. Recent research, for example, has shown that there is a link between social media use and narcissism, and that the use of social networking websites may have an adverse effect on social decision making and reduce levels of empathy.

With this in mind, one of our latest research projects at the Jubilee Centre for Character and Virtues, looks at the impact social media has on young people's character and moral development, and aims to understand the benefits social media can have on development.

Moral support

According to a 2015 report, 62% of 13 to 20-year-olds who had been bullied reported some degree of cyber

bullying – which shows that empathy doesn't always play a part in online environments.

Then there is the issue that the very nature of the internet, with its perceived invisibility and anonymity, can also mean people act differently online, compared to how they would in real life. This can lead to “moral disengagement”, where people are able to act in an immoral way while still viewing themselves as a moral person. And it is this “disengagement” which is thought to encourage cyber bullying behaviours.

But while it may be tempting for some parents to just ban social media use altogether, it is unlikely to be a successful strategy in the long term – social media is not going away. Instead, we need to better understand the relationship between social media use and a young person's character and moral values.

Blair Morgan, Research Fellow within the Jubilee Centre for Character and Virtues, University of Birmingham. Read the full article at <https://theconversation.com/is-social-media-messing-with-childrens-morals-62579>

Marian Spring

There is an opportunity at this time of the year to honour Mary in a special way as spring emerges once again and we recall how Mary's "Yes" to God's plan of salvation transformed human life and renewed the whole of creation.

In Australia, we celebrate *Our Lady of the Southern Cross on 1 September*, Wattle Day. Perhaps we can adorn our statues and images of Mary with wattle today.

8 September is the feast of the *Nativity of Mary*. We recall Mary's Immaculate Conception and how God chose her "from the womb" to be the mother of the Beloved Son, Jesus, our Saviour.

The feast of *The Holy Name of Mary on 12 September* began as a celebration of Mary's assistance in saving Europe from its enemies in 1672, though a feast of this title had been known since 1513.

On **15 September** we remember *The Sorrows of Mary*, especially as she stood beneath the Cross on Calvary. Tradition lists 7 sorrows of Our Lady: the prophecy of Simeon, the flight into Egypt, the loss of the Child Jesus in the Temple, the meeting with Jesus on the way to Calvary, the Crucifixion, the pieta when Mary held her Son taken down from the Cross, and the burial of Our Lord.



The feast of *Our Lady of La Salette on 19 September* is the patronal celebration for the Missionaries of La Salette, priests from the Philippines generously working in our diocese. Mary appeared to two French children in 1846. We may reflect today on the importance of children and young people to Mary, as she appears to them a number of times in history (Lourdes, Fatima, etc.).

Our Lady of Mercy on 24 September originally marked the foundation of the Order of Our Lady of Ransom (known as the Mercedarians) in Spain in the 13th century. It was already a well-established devotion, with powerful images of Mary gathering humanity under her protective cloak in circulation. Through the Sisters of Mercy, the idea of mercy – the mercy of God, Mary's reflection of the divine mercy – has been a constant and enriching concept in the life of our diocese.

We may celebrate the September feasts of Mary as a prelude to the annual Solemnity of *Our Lady of the Rosary, the Patroness of our diocese of Armidale, on 7 October*. A Marian Spring suffused with the meditative quiet of the Mother of Jesus, and a golden opportunity for promoting the "Marian formation" of our local Church. A spring festival indeed!

Contributed by Patrick Clancy

Doing it tough? We need to talk ...

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- Case work support for individuals & families



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Pope Francis meets former Auschwitz prisoners. Photograph: Radek Pietruszka/EPA

No words as Pope Francis visits Auschwitz death camp in silence

Pope Francis has visited the Nazi death camps of Auschwitz-Birkenau, walking beneath the infamous gates emblazoned with the words *arbeit macht frei*, work sets you free.

After arriving at the museum and memorial to the 1.1 million people killed at Auschwitz-Birkenau during the second world war, the Pope sat alone on a bench for several minutes of sombre contemplation and prayer. Francis had said he wanted his visit – the third by a pope – to be conducted in silence. “I would like to go to that place of horror without speeches, without crowds – only the few people necessary. Alone, enter, pray. And may the Lord give me the grace to cry.”

His only public words were written in the Auschwitz guest book: “Lord, have pity on your people. Lord, forgive so much cruelty.”

After signing a visitors’ book, Pope Francis went to Birkenau, an adjacent camp, where he was to meet more former inmates and people who helped to save Jews. Psalm 130 – “Out of the depths I cry to you, Lord” – was recited by a rabbi in Hebrew.

Among the former Auschwitz-Birkenau inmates who met the pope were:

Helena Dunicz Niwińska, camp number 64118

Born in 1915, she lived with her parents and brothers in Lviv. She was arrested with her mother in January 1943 and taken to Auschwitz on 3 October. As a violinist she became a member of an orchestra in the camp. Her mother died in December 1943.

Alojzy Fros, camp number 136223

Born in 1916 in Rybnik, he was arrested in April 1943 because of conspiracy work and deported to Auschwitz in August 1943. He spent the first two months in the

camp hospital. After that he was hired to sort packages for prisoners.

Wacław Długoborski, camp number 138871

Born in 1926 in Warsaw, he was arrested there in May 1943 for conspiracy and was deported to Auschwitz in August 1943. He was employed in the camp hospital in Birkenau until the end of January 1945. After the war he worked as a university researcher and research curator at the State Museum Auschwitz-Birkenau.

Zbigniew Kaczkowski, camp number 125727

Born in 1921 in Kraków, he was arrested in April 1943 and sent to Auschwitz. His mother, Zofia, who died in the camp, was employed as a nurse in the camp hospital. In July 1944 he escaped from the camp but was captured and imprisoned in Block 11, then deported to Buchenwald, where he was transferred to Ravensbrück.

Valentina Nikodem, camp number 8737

Born in 1922 in Łódź, she and her mother were taken to Auschwitz in July 1942 after her father killed members of the Gestapo. Her mother died in the camp. Valentina worked in the packaging department, and helped women who gave birth to children.

Marian Majerowicz, camp number 157715

Born in 1926 in Myszków, in October 1943 he was taken to Auschwitz, where his parents and brother died. He is the president of the Association of Jewish Veterans and Victims of World War II in Warsaw.

Eva Umlauf, camp number A-26959

Now 74, she was taken to Auschwitz as a two-year-old with her family in November 1944.

Adapted from The Guardian - <https://www.theguardian.com/world/2016/jul/29/no-words-as-pope-francis-visits-auschwitz-death-camp-in-silence>

Telskuf in Iraq: ISIS left, destruction remains

It is the silence that you notice first. Not just a lack of noise but an absence of sounds. Even the birds have left. I am in Telskuf, Iraq, about 32 kilometres north of the Islamic State (ISIS) stronghold of Mosul and two kilometers from the front line. The town is abandoned; its inhabitants including approximately 12 thousand Christians fled the advance of ISIS militias during the night of August 6th, 2014 finding refuge in the nearby city of Alqosh or in the Kurdish capital Erbil.

I walk with a delegation from the Catholic charity Aid to the Church in Need (ACN). We have come in a visit of solidarity to the Christian town of Alqosh. Roughly 16 kilometers from Telskuf, Alqosh is last major Christian city on the Plain of Nineveh in what once was a valley full of Christian villages since occupied and destroyed by ISIS. Here the Chaldean Catholic Bishop Mikha Pola Maqdassi has organized support for the over 500 displaced families in addition to the village's existing 1200 families. All seek work where there is none. The Catholic Church is the main provider of social care and, above all, hope. As Bishop Maqdassi explains, the youth are discouraged, finding themselves in a world that is wasted.

We make our way to Telskuf's Catholic Church. Again the silence is broken only by the glass underfoot. The Church has been looted and destroyed. The statue of the Virgin Mary has been desecrated, the head cut from her body; the symbol of beheading the signature of ISIS. The Peshmerga soldiers with reflective sunglasses and guns cradled take positions at vantage points: the dome, broken windows, the bell tower to assure our security. We kneel to pray in what was the choir loft. Led by Fr

Andrew Halemba, responsible for ACN's Middle East projects, we pray the Lord's Prayer for peace, our normally easy and cheerful group shocked and silenced. A Christian general, a generous man with greying temples waits respectfully and when finished implores that we join him for a meal. Although time doesn't allow he tells us he fights ISIS so that those who live in the remaining Christian villages in the region may be protected. We walk back through overturned streets. I wonder when the birds will come back.

by Mark von Reidemann



Fr Halemba stands beside the desecrated statue of Our Lady in the Telskuf's Catholic Church

Celebrate the Holy Year of Mercy: ACN

by supporting priests and religious wherever the Church is poor or persecuted

Through their hands, God's hand caresses the earth... Priests and religious are above all the apostles of Divine Mercy - and not merely during the extraordinary Year of Mercy that Pope Francis has proclaimed for the whole Church. They feed the hungry, comfort the grieving, endure injustice. They promote reconciliation and absolve the repentant from their sins. Day by day, through the works of spiritual and corporal mercy, they show people the Face of the Merciful God. 'They' are the priests and religious of the Catholic Church.

Throughout the world wherever the Church is poor or persecuted, there are tens of thousands of priests and religious daily living the 'Yes' they have already given to God. It is vital that the indispensable work of priests and religious in Christ's Holy Catholic Church continues.

A complimentary Year of Mercy rosary designed by the Vatican rosary makers and blessed by Pope Francis will be sent out to all those who give a donation of \$15.00 or more to support this cause and tick the box below.

Rosary design: Jesus Christ is the face of the Father's Mercy Every confessor must accept the faithful as the father in the parable of the prodigal son. Confessors are called to embrace the repentant son who comes home and to express the joy of having him back again.

Chosen to be the Mother of the Son of God, Mary, from the outset, was prepared by the love of God to be the Ark of the Covenant between God and man. She treasured divine mercy in her heart in perfect harmony with her son Jesus. The red and white beads represent the rays of light of the Divine Mercy.



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Viewpoint



I/We enclose \$_____ to support the work of Priests and Religious for the poor and persecuted Church

I enclose a cheque/money order payable to Aid to the Church in Need OR please debit my Visa or Mastercard:

<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>	<input type="text"/>
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Signature Exp Date /.....

BLOCK LETTERS PLEASE

Mr/Mrs/Miss/Ms/Rev

Address PC

Ph Email

The Year of Mercy rosary set will be sent to all those who assist this cause and tick this box ☐

AID TO THE CHURCH IN NEED... a Catholic charity dependent on the Holy See, providing pastoral relief to needy and oppressed Churches

Albies Students Giving Back to the Community

St. Albert's College (Albies) was delighted that senior student Gerard Ryan was chosen as one of the representatives from the Catholic Diocese of Armidale to attend the 2016 World Youth Day held in Krakow, Poland. Gerard, who finishes his universities studies this year, was given a wonderful send off by the College community who showed their support by attending the commissioning Mass celebrated by Bishop Kennedy, held on Sunday at the Ss Mary and Joseph's Catholic Cathedral.

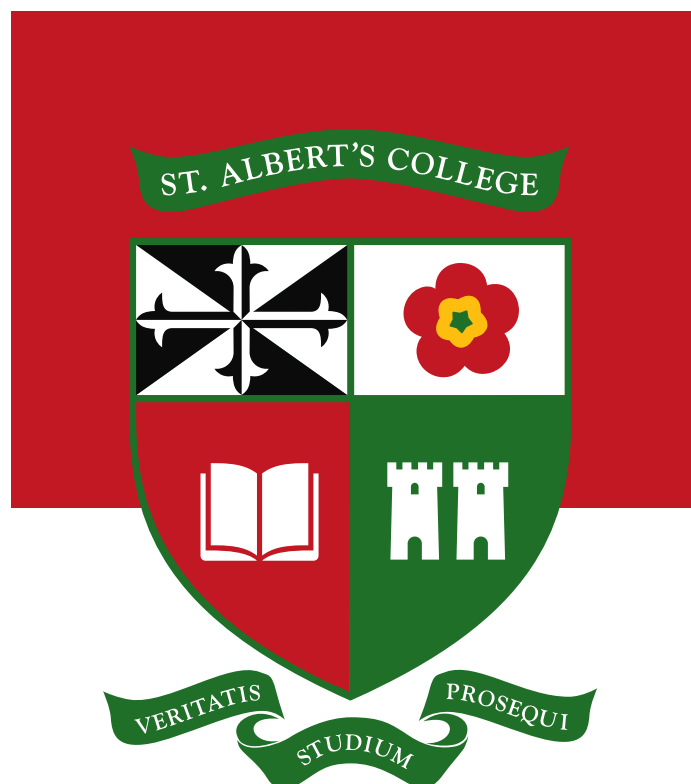
The attendance at Mass also marked the start of Albies Week, an annual event on the College calendar which recognises and celebrates what constitutes St Albert's College. During Albies week the students celebrated the many attributes of College life including that of service. Each of the five College residential blocks organised different service initiatives. A Block students donated blood, B Block spent a day at the Vinnie's warehouse assisting volunteers sort donated items and C Block spent a morning at Autumn Lodge spending quality time playing cards and listening to the many stories shared by the elderly residents. At the same



Students at Autumn lodge spending time with the residents

time D Block organised a thorough clean-up of the Cathedral and its grounds and E Block ran a BBQ in town to fundraise for Batyr, a charity supporting youth mental health awareness.

Overall Albies Week was a great success as the students also celebrated each other's efforts in the many academic, cultural and sporting pursuits including the much anticipated charity Chugby Match (women's rugby) played against friendly rival Robb College. The week concluded with the Albies Ball which was attended by close to 600 students and their guests.



*Once you're Albies,
you're Albies for life.*

Studying at UNE? Want to live on campus?

- Strong academic traditions
- Extensive pastoral support networks
- Outstanding sporting achievements
- Career focused leadership opportunities
- Superb facilities
- Caring and inclusive Catholic community
- Entrance Scholarships available



stalbertscollege.catholic.edu.au

Living the Josephite Vocation Today


Over recent years the Sisters of St Joseph (Josephites) have 'widen their tents', to be more inclusive in these contemporary times. There are four distinctive formal ways of living our Christian commitment in a Josephite way with a 'Josephite Heart'.

The traditional option is **Membership in the Congregation of the Sisters of St Joseph**. This is open to single women who profess vows to God and live them with other Sisters of St Joseph in a joyful, loving commitment to God's mission of justice and healing in our contemporary world.

A way of formally deepening one's Christian vocation is by **Living Private Vows and a Rule of Life in the Josephite spirit**. This option is open to unmarried women and men and while there is a close, mutual relationship with the Sisters around the sharing of life, prayer, spirituality and mission the person remains financially self-supporting and lives independently from the Congregation. This person reverences their work as ministry and has a consciousness of a world that needs healing, justice and compassion.


Making a Covenant with God in the spirit of the Josephite Charism is an option that is open to women and men (single or married). It calls them to deepen their baptismal call to discipleship through a Covenant with God in affiliation with the Sisters of St Joseph while remaining self-supporting and living independently of the Josephite Sisters.

Josephite Associates are a Group affiliated with the Sisters of St Joseph. The common thread that links the Group of Associates and Sisters of St Joseph is the centrality of the charism and the commitment to Friendship, Prayer and Service.




Women of Healing and Hope

Nurturing relationships of
compassion, justice, mutuality
and healing.



Contact
Katrina.brill@sosj.org.au
www.sosj.org.au



The relationship is a spiritual and informal relationship expressed through mutual support and shared hospitality.

These are the four distinctive ways through which people may deepen their Christian Vocation through a formal commitment, reflecting the Josephite Charism and inspired by our Founders, Mary MacKillop and Julian Tenison Woods.

Sr Katrina Brill rsj

Advertise with Viewpoint - Next issue due: 3rd October.

Viewpoint is an A4 size, full colour, bi-monthly publication

- each edition being published seasonally
- A wide distribution throughout the Diocese
- free of charge
- available in every parish and school in the diocese
- linked to the Diocesan website
- All advertisements will be full colour
- (note: front and back covers not available)
- 10% discount if you advertise for a full year – four issues.



To know more:
talk to Naomi 02 6772 4971 or
email: catholicviewpoint@armidale.catholic.org.au

What is Mercy?

Ever since I heard that Pope Francis proclaimed this as a “Year of Mercy”, I have been contemplating what that means in this day and age. ‘Mercy’ is a theme I’ve never really explored ... at least not since high school when we studied Portia’s speech in the *Merchant of Venice* (‘the quality of mercy is not strained’). But those were Shakespeare’s ideas / words written more than 400 years ago. How does the concept of ‘mercy’ fit in the modern world? I mean who shows mercy these days? No one ever wants to be at someone’s mercy, which seemingly indicates that mercy is not particularly likely to be forthcoming. Mercy apparently has rather negative or perhaps whimsical connotations.

I emailed a priest friend to ask what mercy is and he wrote back that “mercy is compassion in action”. Now those words got me wondering how much compassion is practiced in this day and age? I mean how does one go about being merciful, particularly to a stranger or those marginalised? Is compassion motivated only through pity?



Since my pondering about the concept of mercy was not producing a satisfactory understanding, I turned to the “*Catechism of the Catholic Church*” and learned mercy is a fruit of charity (along with peace and joy).

I like to think of charity as being ‘love’ and my light bulb moment came ... mercy must be a proof of love, sort of like kindness expressed.

I find it easier to be kindly (merciful) to those I know and love than to a stranger or the needy, where I might target charitable acts. So I guess mercy might be those random acts of kindness shown to strangers. No one needs to be motivated to be kind; being kind is a choice. Perhaps mercy is a spark of love, a willingness to walk with another in friendship, a chance to meet Christ on the road to Emmaus.

Contributed by Mary Smithson

A Place at the Table: Social justice in an ageing society

The Australian Catholic Bishops’ Social Justice Statement for 2016–17 is titled ‘A Place at the Table: Social justice in an ageing society’. It celebrates the value, dignity and significant contributions of older people to the life of the community. In solidarity with all generations, older people have a rightful place in the heart of community life. The Bishops confront the utilitarianism in our society that values people only for what they produce and contribute economically and that, at worst, can regard older people as burdensome or dispensable.

In a society in which older people are being asked to work beyond the traditional retirement age, the bishops call for the benefits of work to be shared equitably. We must be especially aware of the needs of those who enter retirement in poverty or are particularly vulnerable to economic hardship, social isolation or exploitation.

The Bishops consider the circumstances of those who are approaching the end of their lives and warn of the loneliness, ageism and abuse that older people can experience. In particular, the Bishops warn about implications of the current community debate on euthanasia.

The Bishops call for communities of mercy and love – where people reach out and minister to vulnerable older



people, where bonds between generations are built up, and where no one is cast as being a burden or as rivals to younger generations.

The ACSJC website (www.socialjustice.catholic.org.au/publications/social-justice-statements) will have resources available for download free of charge before Social Justice Sunday.

Centacare Inclusions

An instrument to empower
all people with disabilities
to live a good life

EMPOWERMENT

INCLUSION

FREEDOM

RESPECT

Centacare New England North West have been nurturing children through the Catholic Schools Office counselling program for more than ten years.

As well as providing a wide range of family and individual support, and education, we are now able to support individuals with disabilities, and their families.

Call us to talk about how we can support you to live a good life!

WHO WE ARE

Centacare NENW is a registered NDIS provider. Our friendly, trained staff are here to enrich the lives of all people with disabilities, turning their dreams and goals into reality. At Centacare NENW we encourage you to choose your own adventure.

OUR MISSION

To provide services for the social and emotional wellbeing of individuals, families and communities in the New England North-West.

OUR VISION

A society in which there is recognition of individual and social rights and responsibilities, a society that promotes the dignity, equality and participation of all its citizens.

OUR SUPPORT SERVICES

Centacare NENW is passionate about supporting adults with disabilities to live life their way and be included as valued members of their community. Together we can develop client centered plans to meet individual needs, giving participants choice and freedom to be involved in the daily activities they desire.

COMMUNITY PARTICIPATION (18 - 25yrs)
Promoting an inclusive community.

LIFE CHOICES (25 - 54yrs)
Empowering adults with disabilities to gain freedom and control.

ACTIVE AGEING (55 - 64yrs)
Promoting choice and control to ageing adults.

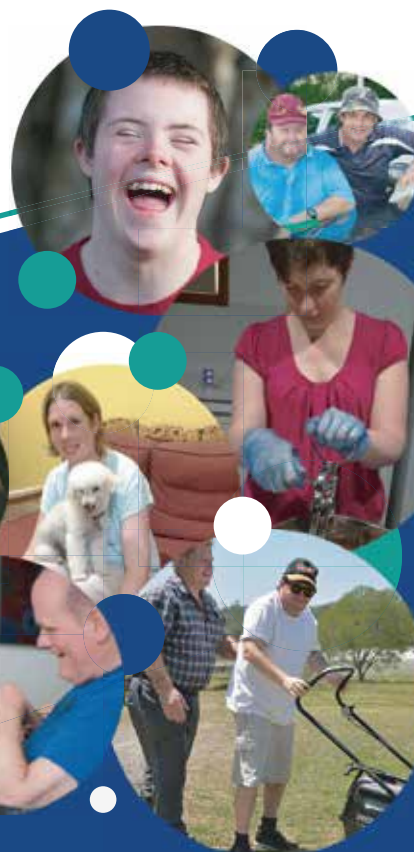
SUPPORTED LIVING

Supported living gives freedom and opportunities for people with disabilities to live the life they choose. Participants are encouraged to voice their decisions around their everyday living and functioning of their home. We strive to operate in a participant-focused approach. We can provide a broad range of drop-in support services to help you live independently in your own home. We can provide you with training to learn new skills including numeracy, literacy, budgeting, safety, shopping and cooking. Programs are developed around your needs to grow your skills and provide the ongoing help you need to live independently.

Centacare NENW offers accommodation services that are individual and supportive that meet the diverse needs of participants.

Drop-In Support
For people living in their own, rented or family home.

Individual Accommodation Support Packages (IASP)
Empowering adults with disabilities to gain freedom and control.



1800 372 826

 facebook.com/centacarenenw
www.centacarenenw.com.au

Centacare NENW
is the social services agency
of the
Catholic Diocese
of Armidale



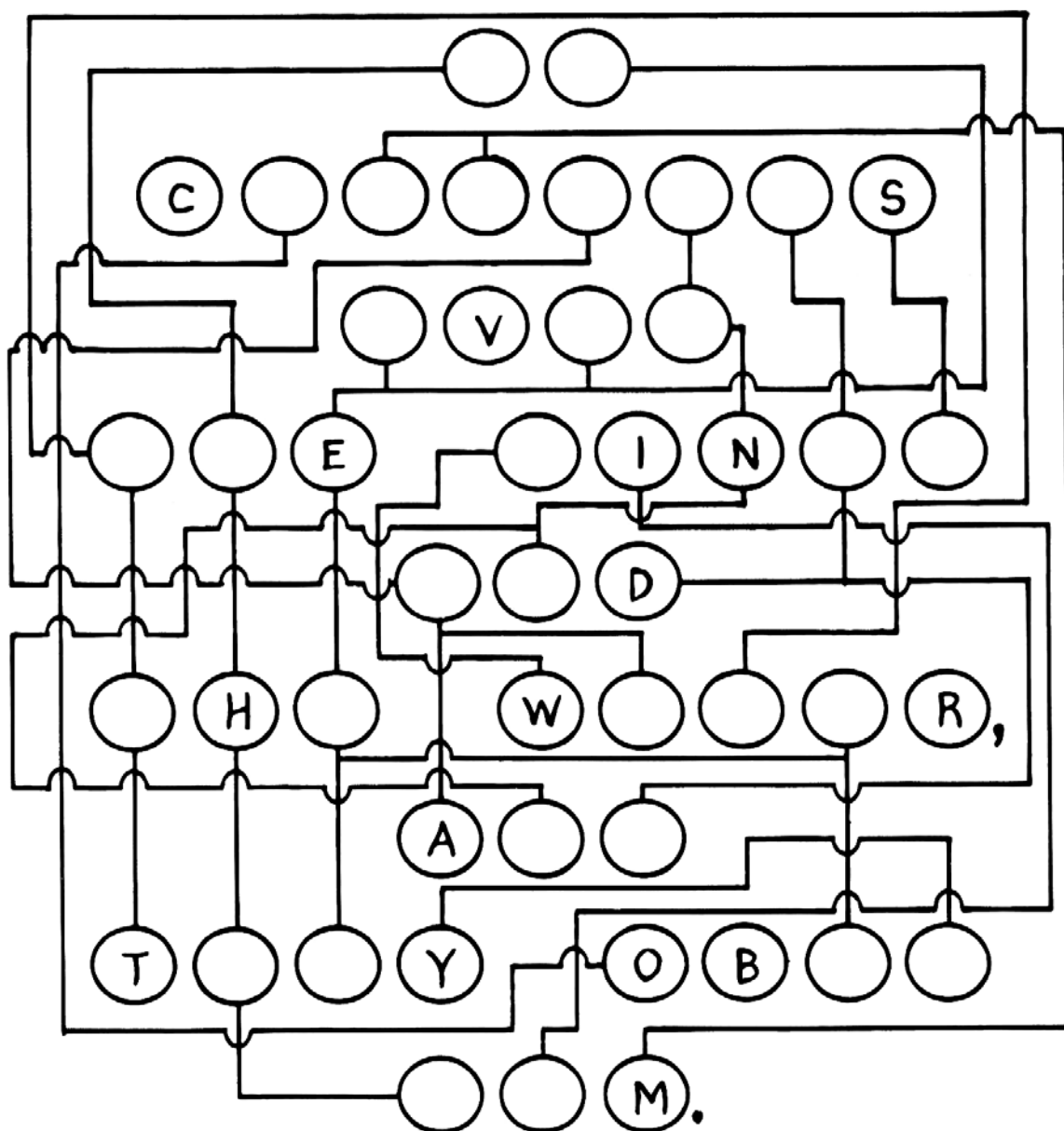
Centacare
New England North West
Rural Resilience

Kids Kapers



Jesus Calms a Stormy Sea

What did the disciples say about Jesus after he calmed a storm? To find out, follow the line from each letter to the empty circle and write the same letter in the circle. Read Luke 8:22-25 for help.



Luke 8:25

National conference heralds a renaissance of marriage

In a world witnessing changing trends in marriage, the true depth and breadth of Catholic marriage has become cutting-edge. Thus Pope Francis in *Amoris Laetitia*, with the world's bishops, appealed for a renewed and revitalised approach to equipping young people for Catholic marriage and supporting married couples.

Marriage, he makes clear, is “more than a fleeting fashion; it is of enduring importance”. Byron and Francine Pirola, co-directors of the Marriage Resource Centre, will host the 2016 National Renaissance of Marriage Conference in Sydney on October 21-22.

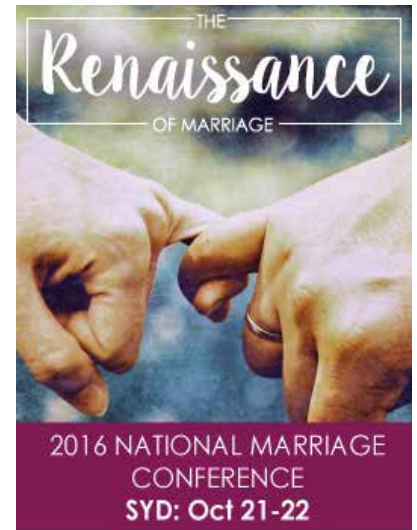
“Marriage in our time has become a political football,” say the Pirolas. “But amongst all that noise, we as Catholics need to take some time out to reflect

on what it means to be Catholic and married.”

Over the two days, speakers will cover a three-stream program tailored for different areas of interest: for parents and those involved in youth and senior school ministry or education; for those who minister to the engaged and newlyweds, and for those providing support and enrichment to married couples.

Innovative and full of practical insights, the Renaissance of Marriage will appeal to educators, Catholic councils and clergy, professionals and tertiary students, teachers, volunteers, parents, couples, and anyone interested in the enduring importance of marriage.

See the website www.rom.org.au for more information on the conference, fee schedule, and speakers.



Unpacking
Amoris Laetitia
www.rom.org.au

No Public Displays of Affection

A few weeks ago I attended two of the Friday morning lectures at the annual Sacra Liturgia conference which this year was held at the prestigious campus of Imperial College, London.

As I was musing to myself a sign on the wall caught my eye. It was a graphic, or emblem I guess you'd call it, of a couple [in this case a male and female- thank God, but for how long?] locked in an intimate embrace in a red circle with a diagonal red line right through the middle of them.

And I kept thinking why on earth that sign is posted inside a university lecture theatre where one is supposed to be learning and studying and listening to the expert speaker at the podium on any given day. And it dawned on me of course that the “NO PDA” motif (No Public Displays of Affection) was posted on the walls of the lecture theatre precisely because students obviously had been and were guilty [in the past and present] of far too many public displays of physical intimacy during lectures, to the point that the University authorities were forced to put up such warning signs.

A wave of momentary despair came over me when I realised that this in fact was symbolic of just how low and undignified certain aspects of our culture have become where what Pope Benedict called “the

commodification of sex” is all around us to the extent that, even in the confines of a university lecture hall, two people who can't exercise enough self-control and decorum to keep their hands off each other and not risk embarrassing themselves and others, actually have to be told by sign and image how to behave properly in public.

And then I think, how bizarre that in our culture that is obsessed with sexual orientation of so many and varied “persuasions” the one *orientation* that's needed is the one we must adopt interiorly to the Living and Eternal God in the worship of the Holy Sacrifice of the Mass. This in

turn of course [because we are human and we need outward signs and gestures to help us] can only

happen if what is exterior about the way we worship and pray to God *orientates* us interiorly in the correct manner away from self and how we think we are viewed by others, to the loving service of others in and only in and through Jesus Christ.

The family founded on marriage is [as Pope Francis states] an icon of the Blessed Trinity. When we pray and worship [especially publicly] we adore Father, Son and Holy Spirit. The Three Wise Men we are told came *from the East* to bow down in humility before the Infant King flanked by his Mother and Guardian, a living triptych of celestial grace. And that, in the end, is the ONLY PDA worth showing; the one that allows us to be oriented to the Spotless Lamb of God, through the power of the Holy Spirit to the Heavenly Father.

Edmund Adamus, Office of Marriage & Family Life, Diocese of Westminster



Mass in Honiara



Recently Denise and I enjoyed a cruise on board the Dawn Princess which took us to several ports in Papua New Guinea and the Solomon Islands. Of the many wonderful experiences we had, attending Mass at the Holy Cross Cathedral in Honiara, The Solomon Islands was the most memorable.

On arrival at the port on a Sunday morning we asked a taxi driver to take us to the nearest Catholic Church. His response was immediate. "If we hurry we'll catch the second Mass at Holy Cross."

As we made our way through the town of Honiara we became aware that the streets were full of pedestrians, most heading towards the church on the hill. Outside the cathedral the crowd surged as the congregation from the earlier Mass mingled with that of the 9.30 Mass. It was still only 9.00 am.

We were welcomed and taken to the front pews. Wardens brought in more chairs until every space was occupied. We looked around this huge structure of steel and corrugated iron, obviously built to withstand cyclones. A dozen fans circled slowly overhead. A huge crucifix bearing an ebony Christ hung above the altar. An equally dark Madonna and Child stood on one side of the sanctuary which was decorated with tropical flowers. The walls were open on three sides for ventilation and to accommodate overflowing crowds. As the three hundred strong choir practised its repertoire the growing congregation joined in.

At 9.30 the bells chimed, the congregation rose and joined the choir in the entrance hymn. A beaming Bishop

Adrian Smith, a Dubliner, processed down the centre aisle preceded by candle bearing altar servers, readers, Eucharistic Ministers and an Acolyte. The bishop announced that he was going back to Dublin during the week to celebrate fifty years in the priesthood with class mates who were returning from around the world. He stressed that he wasn't going home as The Solomons had been his home for fifty years.

The gospel reading of the day was on the Loaves and Fishes. As an aside the Bishop pointed out that Israel was a very dry country where food and water were always a consideration when large numbers of people congregated, unlike here in the Solomons, a land of milk and honey.

After about one and a half hours it was time for Holy Communion. Wardens took their places to ensure that the process was orderly. The Bishop and two Eucharistic Ministers distributed Holy Communion for twenty minutes. Apparently there were more people standing in the open foyers and outside than seated. At the end of Mass the Bishop sat down and an elderly layman came forward and read the church notices for fifteen minutes. Finally the Bishop said "Go, the Mass is over" but nobody left. The choir sang, people talked, children played and the catechists gathered children for First Communion lessons.

We walked back to the wharf, deeply moved by the faith, the singing and the good humour of this huge congregation who like the early Christians, so obviously "loved one another."

Brian Sullivan

World Youth Day Vigil Mass in Krakow with the Pope

