

V.Catholic Viewpoint†

MEMBER OF THE AUSTRALASIAN
CATHOLIC PRESS ASSOCIATION
ISSN 1446-0041
CIRCULATION 6,200

VOL 25 - NO. 6
DECEMBER 2016
DIOCESE OF ARMIDALE



Christ our King

Christ the King Diocesan Pilgrimage for Year of Mercy Conclusion



The Bishop Speaks

I love today's Feast Day of Christ the King. I always have, from the time I was a little boy attending Mass with Mum and Dad and the family at our simple little parish church that used to double as a school classroom during the week. I think I always liked *Christ the King* because it had a touch of what we used to call the *Church Triumphant* about it. This feast said to me that even though we gathered each Sunday to worship God in pretty humble surroundings the God we were worshipping was the King of the entire Universe! We lifted up our hearts and worshipped this God well in our simple little church. Today we want to lift up our hearts and worship God well in our beautiful Cathedral, and we shouldn't feel guilty if today our worship has a touch of the *Church Triumphant* about it. For of the three images of Jesus' Kingship presented to us for contemplation in today's Readings, one of them is a triumphant image.

In Saint Paul's letter to the Colossians we see Jesus proclaimed loudly and proudly as the eternal Son of God and Lord of all creation. He existed before anything was created; he is perfect; and everything that exists, in heaven and on earth, visible and invisible, was created through him and for him;

and our King has rescued us out of the power and kingdom of darkness to place us in his kingdom of light and love. If this doesn't move me to lift up my heart, I'm not sure what will!

As well as a triumphant King we also meet Jesus today as a caring King, a guiding and pasturing King. In the First Reading from the Prophet Samuel we see King David, and as we know Jesus is a descendant of King David; not just any random descendent but the one who fulfils God's promise that a descendent of King David will reign over God's people forever. Before being anointed as king, David had been a simple shepherd boy caring for sheep and goats when he was told "You are the one who shall be shepherd of my people." It's no accident that we usually sing that beloved hymn *The Lord's My Shepherd* on the Feast of Christ the King. For Jesus is the Shepherd King who knows each one of us by name; who personally calls each of us to follow him; who, with crook and staff, guides us through life's troubles; who drops everything to search for us when we go astray; and who leads us to the green pastures and restful waters of the Father's house, the Kingdom of Heaven. If this doesn't move me to lift up my heart, I'm not sure what will!



So we have Jesus our Triumphant King and our Shepherd King. But the most beautiful image of our King comes in today's Gospel where we meet our Suffering King, our Merciful King. From his chosen throne of the cross, a simple and hastily made rough wooden sign announces him to the world as its King: INRI, Jesus the Nazarene, King. How do the people gathered around the cross respond to Jesus the King? Luke tells us that the leaders *jeered at him*, the soldiers *mocked him*, and a criminal *abused him*. Jeering, mocking, and abuse for our King. But from Jesus' chosen throne of the cross, amid these insults, comes one of the most beautiful scenes in Jesus' life and some of the most moving words in the Gospel that once heard are never forgotten. A nameless criminal, known now in every generation as the good thief says "Jesus, remember me when you come into your kingdom". As if these words were not moving enough comes the stunning reply from Jesus "Indeed I promise you, today you will be with me in paradise."

These words of pure mercy give hope and courage to every repentant sinner. In fact they give hope and courage to every non-repentant sinner too, they give hope and courage to swallow our pride and repent. "Indeed I promise you, today you will be with me in paradise." These are the words awaiting every repentant sinner; the words Jesus wants to say to every one of us. If this doesn't move me to lift up my heart, I'm not sure whether anything will!


Concluding the Year of Mercy today I hope that the beautiful liturgy, the Readings, and my few words will help to bring you comfort and joy in the knowledge of God's great love, care, compassion, and mercy for us. But if we do not also conclude the Year of Mercy with a challenge ringing in our ears and echoing in our hearts Pope Francis' hopes for this Extraordinary Jubilee Year will have failed to materialise. Today's Gospel passage issues us two challenges:

Challenge number one. The moving and merciful encounter between Jesus and the Good Thief in today's Gospel comes about because the Good Thief is prepared to admit that he had done wrong and deserved his punishment, and because he turns to Jesus for salvation: "Jesus remember me". If mercy for us is to be more than a word on our lips, a picture we carry, or a banner we fly; if mercy is to be a true experience of God's tenderness that changes our lives, we too must admit we have done wrong and deserve our punishment and turn to Jesus for salvation. A couple of years ago Pope Francis

said to a group of people in Saint Peter's Square: "Everyone ask themselves: when was the last time that I confessed? If a long time has passed, don't miss another day, go, the priest will be good. Jesus is there ... Jesus receives you, He receives you with so much love. Be courageous and go to Confession!" (General Audience 19th February 2014)

Challenge number two. While the leaders jeered at Jesus on the cross and the soldiers mocked him and a criminal abused him, what were the rest of the people doing? Luke tells us in the Gospel that they "stayed there before the cross watching Jesus". How sad! They stood there and watched! Sure, they didn't attack Jesus or hurl insults at him, but did they say or do anything for an innocent man who was being attacked, tortured, and executed? Maybe some of them were not sure whether he was guilty or innocent; perhaps some of them thought it's all very complicated so I don't know what's the right thing to do; maybe some of them were simply indifferent and didn't care about his sufferings; and I'm sure many of them were just too plain scared to get involved.

But merciful people *do* get involved. The word 'mercy' (*Misericordia*) literally means a heart that suffers with you, a heart that feels your pain. Mercy is not just feeling sorry for someone. Having mercy means entering into the other person's suffering, feeling their pain, and responding to their most immediate and their deepest needs. This is why Pope Francis has been calling our attention back to the corporal and spiritual works of mercy. In *Misericordiae Vultus* he says "Let us open our eyes and see the misery of the world, the wounds of our brothers and sisters" (15) and "It is time to return to the basics and to bear the weakness and struggles of our brothers and sisters." (10) So let's get involved with those who are jeered, mocked or abused; with those who are hungry, sick, or cold; with those who are ignorant, sorrowful, or astray. Let's get involved, let's be merciful so that they too have good cause to lift up their hearts to the God of mercy whose grace acts in and through us.



Most Reverend Michael Kennedy
Bishop of Armidale

A full house at the Cathedral

Close to 1,000 pilgrims gathered in Armidale on the Feast of Christ the King to celebrate the closing of the extraordinary Jubilee Year of Mercy.

Gathering first in Central Park, across from the Cathedral, pilgrims from all corners of the Diocese gathered as God's Holy people to give thanks to God for his mercy. Sacred images of Jesus the Divine Mercy and Mary the Mother of Mercy, Our Lady of Perpetual Help were blessed by Bishop Michael Kennedy. Then in procession the images were carried to the Cathedral whilst pilgrims recited the Rosary as they made their way across the Park, along closed streets, between a guard of honour formed by parish and school banners and into the Cathedral through the Holy Door.

Over 20 priests joined Bishop Kennedy and Emeritus Bishop Gerard Hanna of Wagga Wagga Diocese in the

celebration of Holy Mass. The Mass was celebrated in a Cathedral with all seats taken and others standing at the back. Mr Warwick Dunham lead the music playing the Cathedral pipe organ and backed by a band from O'Connor Catholic College. Singers from the Cathedral parish and hundreds of voices gave full voice praising God in singing.

After Mass many pilgrims took the opportunity to take part in the Sacrament of Reconciliation as priests heard confessions in the Cathedral for over 2 hours. Meanwhile a picnic lunch and entertainment had been organised by the Cathedral Parish. The *Grace on the Green* celebrations were made possible by many volunteers and sponsorship from Armidale Diocesan Investment Group and Saint Albert's College. Many volunteers had set up marquees and seating in front of O'Mahony House and in the grounds of the Cathedral Precinct.





Christ the King park ceremony



A packed Cathedral



Christ the King park gathering



Christ the King Procession



Offertory Procession

Grace on the Green

A beautiful afternoon was enjoyed by members of our Diocese on the lawns of O'Mahony House. There was a very relaxed atmosphere with music from 'Momentum' and O'Connor Catholic College's Orchestra, to sit and enjoy the picnic lunch provided.



Relaxing in the shade



ADIG helpers



Picnic on the lawn



Making their way to O'Mahony House lawns



Ryan family



Kelly Walters & Jane Leggatt



ADIG Making a Difference In the Diocesan Community

Meg Lloyd and Jason Crocker have had the pleasure of visiting Parishes throughout the Armidale Diocese and presenting cheques for this year's parish distributions. ADIG's 5000 plus investors assist this role by using our transactional and Fixed Term accounts. Investment with ADIG enables an annual distribution to the Bishop and the Diocese, and each parish. In addition, \$30,000.00 was donated to the Priests Retirement Foundation.

ADIG would like to sincerely thank our investors. We recognise that the people of our diocese are committed to supporting the wider Catholic community through their investments. Due to individual investment, and the dedicated work of the staff and board of ADIG, \$570,000.00 was shared amongst the Diocesan parishes, this year. These distributions are valued by each parish as they often assist with growing insurance costs and building maintenance.

"Join us and make a difference."



Armidale staff had the pleasure of hosting Fr Koppman, Walgett Parish, for morning tea.



Fr Gleeson accepting 2016 parish distribution on behalf of the Armidale Cathedral Parish community

ADIG Making a Difference In the Community

ADIG were proud to be a major sponsor of the recent Diocesan celebration of the feast of Christ the King and close of the Holy Year of Mercy. It was wonderful to be part of this community event and we were delighted to catch up with clients and friends from schools and parishes across the Diocese over lunch, after the significant Christ the King Procession and Mass.



Meg and Jason enjoying the cool at Grace on the Green

wish you & your family a safe, happy and holy Christmas.

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ADIG sponsors the ADIG Shield in schools across the Diocese. The ADIG Shield is presented to students for demonstrating excellence in citizenship, Christian values, leadership or academic achievement. ADIG is thrilled to share in the success of the students and teaching staff of the Diocese. We extend our congratulations to all award recipients.

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Farewell Mr Allen



Incoming, Regina Menz & outgoing, Charlie Allen, Principals

The O'Connor Catholic College community have thanked Principal Charlie Allen for nine years of leadership and dedicated service at a farewell dinner at the Armidale Bowling Club. Charlie was joined by his wife Maria and two of his children, as staff, clergy, parents and the CSO staff spoke of his long commitment to and passion for Catholic education.

Colleagues Kerry Stellar and Damian Roff talked about the strong relationships that Charlie built and the fact that his door was always open to those who wanted to talk with him. Bishop Michael Kennedy and CSO Director, Chris Smyth, were grateful for the strong leadership

Charlie had shown, the improvement to facilities and the beautification to the grounds of O'Connor under Charlie's guiding hand.

Charlie's speech was heartfelt, and expressed the joy and satisfaction he had experienced in his role as Principal of O'Connor for the last nine years. After his speech, Charlie was presented with a framed and signed St George 2016 jumper by the College P&F.

The O'Connor Catholic College community wishes Charlie and Maria all the best for the future and the adventures that still lie ahead.



Charlie Allen with St George Jersey



Fr Afu, Bishop Kennedy, Maria & Charlie Allen, Mgr Wilkes, Fr Gleeson



St Joseph's Church, Uralla 50th Year Jubilee

Organising and plans are well under way for the celebration of

St Joseph's Church,
Uralla 50th Year Jubilee

Family, friends and ex-parishioners from far and wide are being invited to join in the celebrations the weekend of the 6th and 7th May, 2017

Celebrations start with a dinner at the Uralla Showground on Saturday night commencing at 6.30pm
Photos have been collected to present a power point and guest speakers have been invited to share their memories of the building of St Joseph's Church.

Mass will be celebrated on
Sunday 7th May, 2017 at 10.30am
followed by a light lunch provided
by the Uralla parishioners

Everyone is welcome!

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How to marry the right person

If you are a take-your-vows-seriously type of person and believe in “till death do us part,” your life will be much simpler if you marry the right person to begin with. For some this seems a difficult task. Here are five tips to get you started.

1. If you’re dating someone to the point where things have crossed over that indefinable line into a “serious relationship,” stop and ask yourself if this is someone you want to spend the rest of your life with. **Can you see this person as the mother or father of your children?** If not, why are you wasting your time?

2. **Ask the opinion of your mother or best friend** when it comes to your relationship with this person. They know you better than anyone and have an outsider’s view of your relationship. Does that person think you two are a good match? Do they *like* your significant other? If not, why? Listen to that person.

3. **Discuss children, finances, and in-law involvement.** These are all issues that can cause conflict later on. If you truly love this person, learn to compromise. If you’re truly right for each other, you will agree on important areas such as these. If one of you wants seven kids and the other wants zero—you’ve most likely got a deal breaker. If one of you is a penny pincher and the other a spend-thrift, you may have conflict in your future life together.

4. **Once you’re engaged, take the marriage preparation seriously.** Listen to the experts whose mission is to help you be sure you’re making the right decision and to have the best marriage possible. Engaged couples break up. It happens all the time, but better now than years, and children, down the road..

And finally and most importantly, if you’ve dotted your i’s and crossed your t’s when it comes to all the tips above, **don’t blow it now by moving in together before the wedding.** Cohabitation greatly increases your chances of divorce.

Remember that love is doing the right thing for the sake of the other person’s happiness and well-being, even, and especially, when it’s inconvenient to you. That may mean making the hard decision to break things off, or to wait to live together even though society may mock and misunderstand you. The greatest reward, a lifetime of married happiness, belongs to those who do the difficult, but honest and selfless acts. Best of luck to you!

Edited from an article by Betsy Kerekes the Director of Online Publications at the [Ruth Institute](#) and co-author with Dr Jennifer Roback Morse of a new book: [*101 Tips for Marrying the Right Person: Helping Singles Find Each Other, Contemplate Marriage, and Say I Do.*](#)



Truly a Community Event



Our beautiful mural created by Debbie Brand

Bishop Kennedy, Father Melville, the Vincent family, Chaffey family, Doust family, Coombes family and the St Michael's community of present and past teachers, parents and students, a crowd of over 100 people joined together for the official Blessing of the Community Garden.

The Garden is a place to remember and celebrate those who have been a part of the St Michael's journey and remembered the four special members of our community who are no longer with us but are a vital part of our journey – Anne Chaffey - teacher, Cathy Vincent- teacher, Jeremy Doust – student and Patrick Coombes student.

The garden has been a combination of numerous people

- our beautiful mural created by Debbie Brand one of our grandmothers captures our goals and the elements of St Michael's.

The statue of Mary of the Assumption loving mother Mary is central to our garden protecting and loving all. The beautiful statue came from Marble Mountain in Vietnam. Her outstretched arms remind us to reach out to all in need.

Students, teachers and family have been able to have their names placed on a paver which forms the shape of a cross. New families and friends are offered the opportunity to be included in the cross. It reminds us that Jesus is the way the truth and the light.



Memorial Cross Pavers



Close up of pavers for: Anne Chaffey, Patrick Coombes, Jeremy Doust & Cathy Vincent



The statue of Mary of the Assumption

Christian Breakfast

St Nicholas Parish, Tamworth, hosted a Christian Breakfast Forum in October. It began with a breakfast in the courtyard of McCarthy Catholic College followed by a talk by Professor Neil Ormerod of the Faculty of Theology and Philosophy at the Australian Catholic University. Neil is a widely-published author and is considered to be the outstanding lay Theologian in Australia.

The topic was “Does Christianity belong in the Modern World?” He took his audience back as far as ancient Greece, through the time of Constantine to the Reformation and beyond to illustrate the relationship and tensions between the secular and the sacred, with an emphasis on the three monotheistic faiths.

The three Tamworth parishes and Werris Creek were well represented in the audience of ninety, and we were pleased to welcome ministers and members of other faiths. The venue was McCarthy’s impressive new



auditorium and the occasion was ably chaired by Dr Paul Hagley, a member of the St Nicholas Pastoral Council.

On the preceding Friday, Professor Ormerod conducted a Workshop for the RE staff of McCarthy Catholic College, which was also attended by teachers from Calrossy Anglican School.

This was an inaugural event, and following its success the organising committee are keen to arrange another Forum in the new year.

Doing it tough? We need to talk ...

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- Case work support for individuals & families



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A Meditation based on Matthew 24:37-44

Stay awake! ... Be prepared.



History tells us that Advent has been observed since around the fourth century AD. Initially, Advent was seen as a time of preparation, both for new believers to be baptized and for all believers to look forward to Jesus' return in glory. As time went on, the emphasis on the Second Coming and baptism remained, and a new emphasis on Jesus' first coming as a baby grew along with it.

Today, it seems that Advent is much more about celebrating Jesus' first coming rather than anticipating his Second Coming. Still, the Church reminds us to use this time to prepare for Christmas and to let it "renew [our] ardent desire for [Jesus'] second coming" (Catechism of the Catholic Church, 524).



So, with this double goal of celebration and anticipation in mind, Advent has become a season of hope-hope that the baby born in Bethlehem will return one day and usher in the kingdom of God.

Hope is what helps us step out and believe in what we cannot see. Hope is God's grace to accept that there is a certain amount of mystery to our faith and to still be confident that God can work in our lives.

This is not a blind hope, and it's not all an impossible mystery that we will never understand. In the midst of all the mysteries of our faith, we can still believe because of what we do understand: That God's Son came to us on Christmas in order to save us from our sins and fill us with his Holy Spirit.

For the next four weeks, let's set our hearts on preparing—first, and for Christmas and, second, for Jesus' return in glory. And let's do it filled with confidence and hope. Let's tell Jesus, "This world is not my permanent home. I long for a heavenly home. I long to be with you forever. Come, Lord Jesus."

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Advent Clouds:

Mrs Little's Year 4 class, from St Joseph's Glen Innes, were asked to do a word cloud on what words they associate with Advent.

Catholic Professional Standards launched

The launch of Catholic Professional Standards which is a major shift in the way the Church leadership has agreed to approach the protection of children and vulnerable people in our schools, hospitals, welfare agencies, parishes and other Church communities and ministries.

CPS has three major roles.

1. it will set consistent, clear, comprehensive standards across the Church particularly where there are none or insufficient at the moment such as in parishes and seminaries.
2. it will audit compliance with those standards and then publish the results demonstrating one way or the other if the bishop or religious leader is running their patch consistently and in line with the standards.
3. it will play an important part in ensuring everyone involved in this process is trained and educated in what the standards mean, why they are required and how to go about meeting them.

CPS is, and should be seen as, the best possible way for religious leaders to demonstrate to the community that they have in place best practise standards for the protection of children and vulnerable adults.

The outstanding governance and staffing positions for the new body are currently being finalised.

Francis Sullivan, CEO Truth Justice & Healing Council



10 facts of Advent

1. Advent is a time of expectation and preparation for the birth of the Lord.
2. Advent has a changing start date, but it always contains four Sundays.
3. Advent marks the beginning of the liturgical year.
4. The Advent season has two meanings: the celebration of Christ coming into the world as a man and the second coming when the Lord will return again.
5. Hope is a predominant theme of Advent.
6. Advent is a reminder of the Old Testament promises of the coming of the Messiah.
7. Advent focuses on light as opposed to darkness.
8. Advent has two parts: preparation for the second coming of Christ and for the commemoration of the first coming of Christ.
9. The origins of Advent can be traced back to the Church in France.
10. Advent as we know today was developed in Rome.



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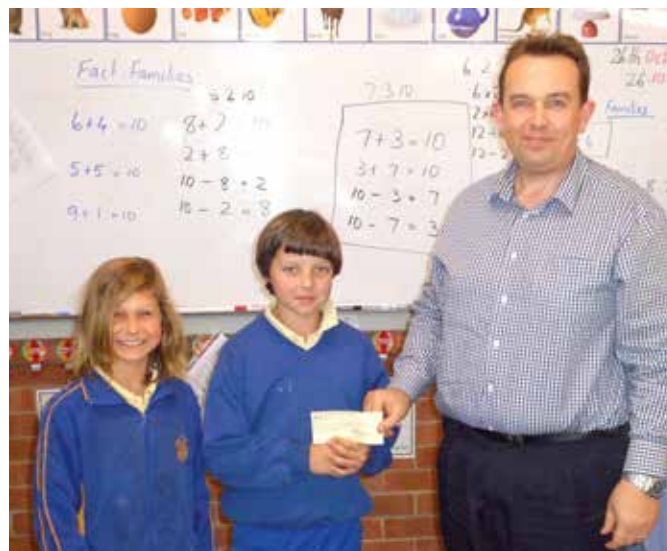
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Around and About

Sacred Heart Primary Boggabri Mini Vinnies Group

Mr Michael O'Kane, a representative from St Vincent de Paul Armidale, visited Sacred Heart, Boggabri to attend a Mini Vinnies Meeting. In the two-month period that the group has been formed, they have had several fundraisers and have raised \$150 to fund two overseas student's education for a year. School Leaders Bailey Rigelsford and Fergus Hunter presented Mr O'Kane, a cheque for \$150. The money raised was from a popcorn stall, proceeds from the Father's Day Stall and donations. Mr O'Kane was overwhelmed with the donation and expressed how enthusiastic the children were to help others less fortunate than themselves.



Bailey Rigelsford and Fergus Hunter presenting their cheque to Mr O'Kane



Bless me, Father, for I have Sinned

More than 40 children made their first Reconciliation at St Joseph's Church in Gunnedah in November. The children presented a simple play about the prodigal son and the power of forgiveness before taking part in this healing sacrament for the first time. Fr John and Fr Thaddeus were joined by visiting priests from Narrabri and Quirindi to guide the children through the sacrament.

Blessed are the Holy Souls

Every year in St Joseph's Parish, Gunnedah, a Mass for the Holy Souls is held in the historic Hunter Street Cemetery and followed by a similar service at Gunnedah Memorial Park Lawn Cemetery.

Both Masses were concelebrated by Fr John McHugh and Fr Thaddeus Ike, with a blessing of graves and the sprinkling of holy water. Many parishioners have loved ones at rest in both cemeteries and for those suffering recent bereavement, the prayers and hymns were very comforting.

Fr John McHugh blessing the graves at Hunter Street Cemetery in Gunnedah.



Jesse Tree

If you are looking for something for your children that is FUN and helps them to understand the real meaning of Christmas, try the website of Caritas Australia for something new and fresh - www.caritas.org.au/advent. In Advent, the Jesse tree reminds us of Biblical characters and events that prepared God's people for the birth of Jesus. Visit the website each day of Advent and use the image of the Jesse tree to learn, pray and act with and for people around the world today.

Around and About



Hayden Volk, 'Mr V', back to back with Principal Stefan van Anholt.

We're Nearly There...

For the past 11 months St Nicholas' School has been undergoing the first phase of major building works which has had us all adopting the motto "We're all in this together...So go with the flow." Despite dry weather and dust bowl conditions at the beginning of the year which quickly transformed into a mud bowl after much needed rains, we have all managed to keep smiling and to stick together. We are now on the downhill run to occupying this first building at the conclusion of the school year, in the coming weeks, and our excitement is overriding our end of year fatigue! Our students and staff have established a wonderful working relationship with our builders from David Payne Constructions and it is this positive relationship which has enabled everyone to remain, happy, safe and sane! We thank our builders, architects, project managers and the CSO support staff for their hard work and efforts in this first phase of construction and we look forward to the next phase, which includes our brand-new library, with great anticipation.



Construction of the new building is looking promising



With Bishop Kennedy are William Kelly, Jessica Gallagher, Jemma McDouall, Savanah Brown, Michala Princic, Harry Kelly, Harrison Bowman & Tom Kelly

Confirmation

Eight children from St Joseph's Barraba received the Sacrament of Confirmation, in November, from Bishop Michael Kennedy. They all embraced the next step in their faith journey with reverence and maturity, sharing their special day with family and friends.

Around and About

The Fullness of God

A fully packed St Patrick's Church in Glen Innes witnessed the confirmation of a large group of 24 young Catholics by Bishop Kennedy. A beautiful spring morning welcomed us all and the voices of our Parish Choir made the morning even more memorable as these fine young members of our Parish reached this milestone in their journey of faith. The whole congregation was delighted when, as the communion hymn "The Fullness of God" finished, a young tot exuded "yeh" to which the Bishop proclaimed "I couldn't have said it better myself". A truly delightful community event.



With Bishop Kennedy are: Back L-R: Frank Baker, Adam Campbell, Mollie Cave, Jai Conroy, Makaylah Doust, Sam Donnelly, Jake Grob, Jack Hoppe, Cooper Stewart and Corey Sloman.

Front L-R: Ryan Lamph, Hayley Lynn, Ryan McAllister, Oscar McHarg, Summer Martin, Montana Newberry, Cody Newberry, Monica Newsome, Matilda Sieber and Isabella Wright.



Holly Clemson, Jack Deshon, Cody Forbes, Patrick Gould, Paul Haley, William Haley, Beatrice Hiscox, Caden Jones, Jason Lamb, Mary McGrath, Callum McLeod, Elyse Provest, Charlotte Ricardo, Phoebe Rowntree, Corie Ruttley, Ashton Ryan, William Sharpe, Dakota Skuthorpe, Montana Skuthorpe-Gordon, Tyrese Suey, Beatrice Thwaites, Chelsea Walford, Jacob Weate, Joshua Whitley and Peter Yeomans.

Yr 6 Graduation

On the evening of 22nd November St Joseph's Walgett had 25 Year 6 students celebrate their graduation from primary school. The evening began with a thanksgiving Mass, where the students prayed for blessings for their parents, teachers and friends who have impacted their lives during their time at St Joseph's. Dinner and dancing followed at the Sporting Club. Students were given the chance to relax with their friends and families and to remember all the wonderful times they have had. Thank you to all the staff that helped prepare the students for High School and Congratulations to the 2016 graduation class.

South Tamworth Honours National Servicemen

National Servicemen were honoured at a special Mass held in Mary Help of Christians Church in November. About twenty National Servicemen gathered for the Mass and luncheon which followed. At the beginning of Mass Reverend Tony Winter, a National Servicemen gave a brief history of the involvement of National Servicemen in combat and peacekeeping missions and in natural disasters. Readings were read by Rev Winter and our own parishioner, Mr Tom Hudson. At the end of Mass another parishioner, John Green, played the Last Post. We were entertained by Nino Dizon, a well known Filipino musician who delighted all with his rendition of traditional Australian songs.



Around and About



Some of the parishioners who shared in the multicultural celebration.

Back (L-R) Michael Kelly, Carol Negline, Ashmon Matthew, Tessy Matthew.

Front (L-R) Antonio Matthew, Mary Matthew, Maureen Wong, Rose Humphries.

Bringing everyone together

A very successful combined School, Parish and Nazareth House Fete was held in St Patrick's Parish, West Tamworth commencing after the 9am Mass. The day was very successful bringing people together and shortly after the fete opened St Patrick's Hall was packed and the school grounds also. Nearly all stalls were cleaned out of stock by the end of the day and the raffles and chocolate wheel were very popular. The Tamworth Scottish Band entertained the crowds near the rides and outdoor games area. Both the local Tamworth Fire Brigade and SES were in attendance, along with their vehicles and equipment on show for the visitors. The weather was good and everyone enjoyed themselves.



Happy Birthday Cracker!

The Walgett parish celebrated Saint Francis [patron saint of animals] blessing of the pets and a special Mass for the upcoming Harvest. The Family Mass included prayers of thanksgiving for the first harvest in over three years due to the recent drought affecting the community.

The children brought images of their pets and a wide range of seeds and cuttings of the crops ready for harvest. Light Supper followed the Family Mass in the church courtyard and a special birthday cake was generously donated by a Walgett community member to celebrate Father Anthony's Companion dog "Cracker's" tenth birthday.

CINDERELLA and ROCKERFELLA



Fairy Nastyboots (Grace Boughton), Cinders 2 (Claudia Sykes) trying on the glass slipper

St Joseph's amateur performers bring pizzazz to the town of Mungindi - A magical evening full of mystery and suspense, one which will be memorable for years to come!

In great spirit of collaboration, St. Joseph's staff and students joined forces and developed the many skills required to act, sing and dance to bring a quality performance to the stage.

We were inspired to create a whole theatrical experience - from auditions to curtain closure. This took us seven weeks of continuous preparation leading up to opening night.

Students auditioned for the parts of their choice and began rehearsing their lines. A few students were even brave enough to take up the microphone and sing a variety of solos and duets. Some of our boys even put makeup on. We gave it everything - "Whatever we do. We do it well!"

Ticket purchases hit a record high, selling 130 tickets. Our parents ordered online using our Google form. The hall was packed with parents, relatives, children and friends, all eager to see what we had been busily preparing for.

The hall was looking magical and excitement filled the air. We had decorated the hall for the audience with



Body Guard and Rockerfella Henry Seigmeier & Oliver Sykes



FairyGod mother (Summa Eyles) and Fairy Brigade (Keely Thompson, Priscilla McPhee, Isabella Davis & Laney Thompson)

individual tables and centrepieces based on different fairy tales, ranging from The Elves and the Shoemaker to Rapunzel, which became our guessing competition during the intermission.

The P&F were fantastic, helping out with a wonderful supper for our guests, props, costumes, table preparation, organising the children and feeding the cast.

When the final curtain closed the "actors" gave a special signing session where guests were able to purchase an autographed photograph of the stars - a real hit!

The audience were amazed by the talents of our students and wanted us to do an encore performance. The students decided that the opening night had to be the closing night. We were exhausted but exhilarated.

A few words from the cast...

"It was a great experience and extreme fun. One of my most special memories was that the ugly sisters were played by two boys." Penny Lawson

"My favourite part was the ball because we danced and it was really fun." Isabelle Seigmeier

"I was Naughty Kitty and I liked putting poison in the jar and I also liked being Fairy Nasty Boots' pet because she was hard to keep up with and it was a real challenge." Annabelle Barlow

"I played the mirror in the play. I had to make my costume and learn my lines. I had a very funny line and had the audience in stitches: I'm sorry but we are currently experiencing a high volume of calls to this number, your call is important to us and you will be held in a queue. Thank you for your patience." Annie Scriven.

"I was the messenger. I had to hand out the tickets to everybody including the Ugly Step Sisters. My line was: Three tickets for after contest ball tonight, all lovely ladies welcome. Thank goodness, Cinders got a ticket

to the ball. It was a great experience. It was possibly the funniest play we have done in a long time.” Ed Harrison.

“I loved the play. I loved that we danced to a song and making the wedding cake in the bakery scene. My favourite line was: I bet you say that to all the girls in your dreams.” Claudia Sykes

“My fancy mouse costume came on the day of the performance....squeak, squeak.” Grace Kelso

“Local director of Mungindi MMADS Emily Harris said I was very, very good.” Sam Boughton

“My favourite part of the performance was that everybody worked together to put on a really good play.” Cuthbert Shanji.

“I was Rockerfella and it was exhausting. We had many rehearsals and I had to learn lots of lines, dances and duets.” Oliver Sykes.

“On the 11th of November, St Joseph’s School performed the play of Cinderella and Rockerfella. We all had a blast, learning our lines, singing songs. I was Fairy



Augustina - Fletcher McMillan



Fairy God mother - Summa Eyles

Nasty Boots, it was fun learning my lines and saying them with expression.” Grace Boughton

Putting on a performance of this quality takes many long hours of preparation and rehearsals. Students and staff are to be congratulated on their dedication to this project.



A Recipe for A Happy Home

“Patient Realism” is the title of a section within chapter 7 of the apostolic exhortation *Amoris Laetitia* -The Joy of Love ‘Towards a Better Education of Children.’ One line to define patient realism is “changing a child’s behaviour involves a gradual process, but also that freedom needs to be channelled and stimulated, since by itself it does not ensure growth in maturity.”

All parents go through constant self-doubt that they might not be getting this patient realism right. In fact, if we’re honest, most of us won’t at least not all of the time. And then just occasionally something happens, or a child says or does something that restores your confidence in your parenting abilities. I thank God for just such a recent boost which came in the form and expression of a piece of work from my 7 year old son. He wrote:

A Recipe for A Happy Home

1. First, put a teaspoon of courage into a bowl.
2. Sprinkle 100g of love
3. After that carefully pour a teaspoon of faith in a cup.
4. Next gently place 87g of peace.
5. Now put 38g of caring into the mixture
6. Make 51g of happiness icing to put on top of your happy home.

I was most edified by this simple piece of writing from my son, so much so that it made me feel touched by the mercy of God in my fatherhood. A fitting end to the conclusion of the Year of Mercy..... to receive an expression of mercy through my child’s simple uncomplicated love and faith.

Contributed by Edmund Adamus

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

Learn, Pray and Act in Solidarity with People Living in Poverty this Christmas



As Christmas approaches you can learn, pray and act during Advent with Caritas Australia's new Advent resources.

Caritas Australia, the Catholic Church's agency for international aid and development, works to end poverty, promote justice and uphold dignity with the poorest of the poor all over the world.

Sister Anne McGuire, Caritas Australia's Head of Mission, notes that the reflections and stories shared in the 2016 Advent resources highlight the journey of standing in solidarity with the world's most vulnerable communities.

"Christmas is a time of great joy. We prepare for Christmas during the season of Advent, where we move forward together in hope towards the coming of Jesus who is God's mercy into our world," Sister Anne said.

"By reflecting on the gospel and reading the stories of Caritas partners, we look to Christ's coming with hope and join with him in his mission to bring justice and peace to all the nations."

Caritas' Advent resources are divided into the four weeks of Advent with each week focusing on a different theme: hope, peace, joy and love. Resources are available for parishes, young adults/youth groups, primary schools, secondary schools and catechists. Each of the resources includes the tradition of the Advent wreath, the Gospel reading for each Sunday of Advent with guided reflection questions, a story about someone who has benefited from one of Caritas Australia's programs, suggested actions and a final prayer.

The resources show how Caritas supporters have shared hope, peace, joy and love, themes so central to the Christmas season, with our inspiring partners.

Stories featured include Len Gordon, an Aboriginal man from the Western Kimberley community of Yiyili, who faces the community's common struggle with feelings of pain and isolation.

"I had a lot of problems bothering me and I had things bottled



up inside that I didn't talk to anyone about. I kept all of my problems to myself," Len said.

"We're in a pretty remote area here. Normally we would be sitting back suffering, thinking that the problem is going to go away. But it's not going to go away unless you seek help."

For Len, this struggle was worsened by the ongoing trauma of the Stolen Generations. However, after participating in the Red Dust Healing program, which is supported by Caritas Australia, Len found a path to peace. He has grown in confidence as a father and husband and is now an inspiring leader for young people in his community.

"Red Dust Healing gives us that understanding that it wasn't our fault, that this thing (the Stolen Generations) happened in the past," Len said.

"Red Dust Healing has got the tools and the equipment to help us understand how this has all come about."

You can download all of the Advent resources at www.caritas.org.au/advent

Advertise with Viewpoint - Next issue due: 30th January

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- 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.



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



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Only one wish for Angela this Christmas

With the tinsel already being hung in shopping centres, Christmas is upon us once again. But while for many Australian kids, a new bike or a pair of football boots might be on the list this year, one little girl in the Philippines has a very different wish.

Catholic Mission has launched its annual Children's Appeal, which raises funds for children in developing communities around the world, and this year the focus is a struggling family in the Philippines.

At six years of age, little Angela from Tondo, Manila, weighs just nine kilograms—the same as a healthy eleven-month-old baby. She still bears the scars of fractures to nearly every bone in her tiny body, a result of brittle bone syndrome and malnutrition. Her only wish is to lead an independent life.

Because of her malnutrition Angela is especially susceptible to tuberculosis, a potentially fatal condition that is highly contagious given the extremely unhygienic conditions of Tondo. Each day, Angela relies on her 66-year-old grandmother Heidi to carry her to and from their tiny home in one of the poorest areas of Manila, with her little brother Daniel in tow. Together, they walk to day care for Daniel, or to the school or medical clinic for Angela. The medical clinic, which has become a place

of refuge and respite for Heidi, is run by Sister Susan Imperio and the Canossian Sisters. They operate one of the only dedicated tuberculosis treatment and prevention programs in the region, and they offer full medical check-ups for Angela and Heidi at whatever price they can afford.

Catholic Mission is appealing to supporters to open their hearts this Christmas to struggling families in the Philippines and around the world. A small contribution, says National Director Father Brian Lucas, can help to change a life. "Angela is one of millions of children around the world who will do it tough this Christmas," he said. "But thanks to the generosity for which our supporters are renowned, the Canossian Sisters can ensure that Angela, Heidi and Daniel are happy and healthy this Christmas."

The direct mail and online appeal has already begun to reach supporters around the country, allowing plenty of time to make a contribution in the name of a loved one—a perfect alternative to the standard stocking fillers.

Keep an eye out for Catholic Mission's Children's Appeal this Christmas, and please give generously. For more information on the appeal, visit catholicmission.org.au/christmas2016.

Armidale Diocesan Council of Catholic Women's League



Guest Speaker - Peg McEntee

The Armidale Diocesan Conference of Catholic Women's League was held in Tamworth this year. The Theme of the Conference was 'Blessed are the Merciful for they shall find Mercy'. Diocesan Executive, delegates and observers attended from Armidale, Gunnedah, Quirindi and Tamworth including Sr. Kath Maher OP and Marie Deans who although live away still belong to Tamworth Branch.

The State President of Catholic Women's League Australia NSW Inc, Moya Potts AM, State Secretary Denise McCaffery, State Vice President Sandra Kikjo, State Protocol Officer Peg McEntee OAM and State International Secretary Patricia Banister attended as well as Broken Bay Diocesan President Jacqueline Kemp. Pauline O'Malley and Evelyn Bowen from the Maitland



CWL Members

– Newcastle Diocese were also present.

The Conference consisted of directed prayer sessions; guest speakers, Peg McEntee & Lynne Prisk; a Diocesan Council Meeting; Mass; dinner and a Prayer and Remembrance Ceremony for deceased members, led by Sr. Christine Belling.

Peg McEntee's thoughts on the role of CWL.

So what does this all mean to us as Women – as Australian Catholic Women- the Women of the CWL and what does the CWL mean to the Catholic Church?

To me it is an example of women living their faith – declaring by their actions their witness and belief in the Teachings of Jesus Christ and the Holy Catholic Church – it is evangelisation and part of the "New Evangelisation".

The question often asked: What does the CWL do? What is the purpose of Lay Organisations e.g. the CWL – are they still relevant today?

In the Papal Document *Novo Millennio Ineunte* 'At the Beginning of the New Millennium'

Pope St. John Paul II spoke to *The Diversity of Vocations*.

"It is in this perspective that we see the value of all other vocations rooted as they are, in new life received in the Sacrament of Baptism. In a special way, it will be necessary to discover ever more fully *the specific vocation of the Laity*, called to seek the kingdom of God by engaging in temporal affairs and, by ordering them according to the plan of God". They "have their own role to play in the MISSION of the whole people of God in the Church and in the world ...by their work for the evangelisation and the sanctification of people".

He continues "Along these same lines, another important aspect of Communion is the *promotion of forms of association*".

In other words we are called by our Baptism and Confirmation to be Witness to the Teachings of Christ and the Church.



CWL Delegates - Claire Keoghan, Robyn Judge, Maureen Armatage (Armidale) Kathy Murphy, Vashti Porter, Dara Kerklaan (Quirindi), Margaret Nott, Cathy Broekman, Jan Capezio (Gunnedah) Margaret Gorman, Helen Coyle, Madeleine Hayes (Tamworth)

We want to go back home

Displaced Iraqi Christians are determined to return to their homes in areas liberated from Daesh (ISIS) control – according to the bishop who has led the relief effort during their period of exile.

Archbishop Bashar Warda of Erbil described how some of the 100,000 internally displaced people (IDPs) in Kurdish northern Iraq had already begun preparations to return to the ancient towns and villages in the Nineveh Plain.

While Archbishop Warda was hopeful of Christians' returning to Nineveh, he was cautious about Mosul, especially in the short term. The archbishop said: "Mosul is a difficult case, with the need to secure the city, clear the site of IEDs [improvised explosive devices] and then the reconstruction of the area."

Archbishop Warda thanked Aid to the Church in Need which has provided ongoing emergency aid – food, medicine, shelter and schooling – for the IDPs since they left Nineveh and Mosul in summer 2014. He said: "I thank you and ask for your continued prayers. I ask you to celebrate the liberation of towns and villages in Nineveh and to continue raising awareness of the plight of suffering Christians in Iraq."

I also ask your support for the construction of schools, the homes of Christian families and some churches in the

towns of Bartella and Karemlesh in the Nineveh Plains that have been damaged by air strikes."

Since 2014 ACN has provided over \$28.4 million in aid for the Christians of Iraq, supplying emergency aid and funding projects for education, food and accommodation for the refugees.

By Murcadha O Flaherty



Displaced Christians in Ankawa, Erbil © Aid to the Church in Need

Help Religious Sisters - the unsung heroines in the Church!

Mother Teresa, now St Teresa of Calcutta, was canonised on September 4th 2016. The rosary carries the following inscriptions on the reverse side of the crucifix and central medal: "A little pencil in the hand of God" and "It is not how much we do, but how much love we put into what we do".

The colours of the rosary beads represent the simple white sari worn by Mother Teresa and the blue, her devotion to the Virgin Mary.



They smile, they heal, they teach, they comfort. Around the globe Catholic religious sisters quietly perform their dedicated and heroic service without remuneration and barely even noticed by the wider world. But in order to assist others, they themselves also need to be helped, for although they minister to so many, they themselves still need their daily bread and a roof over their heads.

Each year the Catholic charity Aid to the Church in Need (ACN) supports over 9,000 religious sisters in every corner of the earth.

It is vital that the indispensable work of religious sisters in Christ's Holy Catholic Church continues. Religious sisters are the unsung heroines in the Church. ACN is proud to assist the inspirational work carried out by religious sisters in some of the poorest, most dangerous places in the world.

A complimentary Mother Teresa rosary designed by the Vatican rosary makers will be sent to all those who can assist with a donation of \$20.00 or more to support this cause and tick the box below.



Send to: Aid to the Church in Need PO Box 7246 Baulkham Hills BC NSW 2153

Tel No: (02) 9679-1929 Email: info@aidtochurch.org Web: www.aidtochurch.org

I/We enclose \$..... to support the work of Religious Sisters 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"/>	<input type="text"/>	<input type="text"/>
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Signature Exp Date /.....

BLOCK LETTERS PLEASE

Mr/Mrs/Miss/Ms/Sr/Rev.....

Address PC

Ph Email



The Mother Teresa rosary will be sent out to all those who can assist this cause with a donation of \$20.00 or more 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

Armidale trip to Alice Springs remembered

Just over 30 years ago Sisters Christine Giller and Rita Steptoe lead a group of Armidale parishioners on a trip of a lifetime to Alice Springs. It was the occasion of Pope John Paul II visit to Australia and a special interaction with the Aboriginal and Torres Strait Islander communities.

In an address given on 29th November, 1986 Pope John Paul said:

“As you listen to the Gospel of our Lord Jesus Christ, seek out the best things of your traditional ways. If you do, you will come to realize more and more your great human and Christian dignity. Let your minds and hearts be strengthened to begin a new life now. Past hurts cannot be healed by violence, nor are present injustices removed by resentment. Your Christian faith calls you to become the best kind of Aboriginal people you can be. This is possible only if reconciliation and forgiveness are part of your lives. Only then will you find happiness. Only then will you make your best contribution to all your brothers and sisters in this great nation. You are part of Australia and Australia is part of you. And the Church herself in Australia will not be fully the Church that Jesus wants her to be until you have made your contribution to her life and until that contribution has been joyfully received by others.

In the new world that is emerging for you, you are being called to live fully human and Christian lives, not to die



of shame and sorrow. But you know that to fulfil your role you need a new heart. You will already feel courage rise up inside you when you listen to God speaking to you in these words of the Prophets:

“Do not be afraid for I have redeemed you; I have called you by your name, you are mine. Do not be afraid, for I am with you”.

And again:

“I am going to... gather you together... and bring you home to your own land... I shall give you a new heart and put a new spirit in you... You shall be my people and I will be your God”. “

To celebrate the anniversary Pope Francis sent a message saying: “This anniversary affords me the happy opportunity to express my deep esteem for the Aboriginal and Torres Strait Islander people and for your ancient cultural heritage.”

Christmas is important

Christmas is one of the most important days of the Church year, second only to Easter itself. It is the feast of the incarnation, the feast of God becoming flesh (the Latin “in carne” means “enfleshment”). It is a uniquely Christian teaching, the Divine choosing to become one of us. Because of this belief, God is not only Transcendent, but also wholly Immanent, Emmanuel (God-with-us). While remaining Transcendent (meaning we must rise above our present condition to reach Him), He is at the same time Immanent (meaning He is with us as we rise toward Him). Every Eucharist is like Christmas where the bread and wine are transformed into His flesh, His Body and Blood, and, in a sense, He is born anew on the altar.

The liturgical season of Christmas begins with the vigil Masses on Christmas Eve and concludes on the Feast of the Baptism of the Lord. During this season, we celebrate the birth of Christ into our world and into our hearts, and reflect on the gift of salvation that is born with him...including the fact that he was born to die for us.



St Mary's P&F Blue Light Revue

For the last 25 years St Mary's P&F Armidale have produced a 'revue' for the entertainment of the community and to help raise money for the school. This year with a renewed cast, venue and format the success of the night was evident in the enthusiasm of the audience. The audience participated in games, dances, a photo booth, raffles, and an auction for the lead role in two of the prepared numbers on stage, complete with back up dancers and words on the screen. In the past, the P&F have used the money raised to enhance the school community: new BBQ on school grounds; shelving for the shed, games for the playground, benches for the playground & portable shelters. The night was a great success and the P&F look forward to putting the funds raised, to further good use.



Shake it off with staff members



Love Shack with Veronica Lucas, Matt Meehan, Simon Wright & Tracy Wright as lead singers



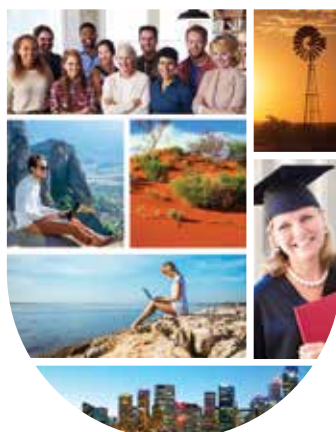
The Schmude boys in action



YMCA



BBI awarded new status as Higher Education Provider



On 1 September 2016, BBI was accredited as a Higher Education Provider (HEP) by the Tertiary Education Quality Standards Agency (TEQSA) – Australia's independent national regulator of the higher education sector.



To enrol in 2017, phone BBI Student Services on: 02 9847 0030
www.bbi.catholic.edu.au

Postgraduate degrees in these disciplines will be available in 2017.

Voices raised for our Pacific neighbours at Parliament House



Over 200 Christians from all around Australia, representatives of Pacific communities and Members of Parliament gathered in front of Australian Parliament House this morning calling on Australia to be a better neighbour to our Pacific brothers and sisters.

Speakers from Fiji, Tonga and Kiribati shared their experiences of climate change, and the effect it is having on their lives and communities. They called on politicians to make a greater commitment to climate change action and aid focussed on Disaster Risk Reduction (DRR) for developing nations in our region. Prayers were said for our churches, our nation, our nation's leaders and our world.

Rev James Bhagwan, a leader from the Methodist Church of Fiji, greeted the crowd with a traditional greeting – “*Bula!*” – as a reminder of the importance of place and relationships. He called on the Australian government to love and care for all people, including our Pacific neighbours.

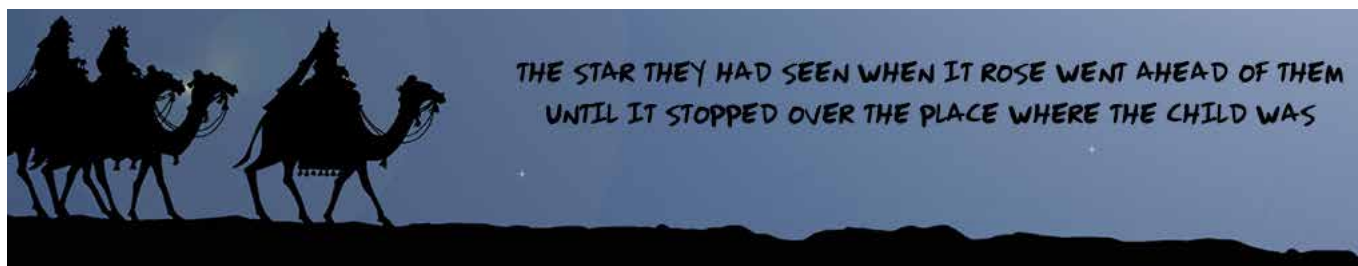
“*To love and care for only a few is not to love at all,*” he said.

Tinaai Teaua and Vasiti Tebemare from Kiribati spoke of their love for their land and culture, and their worry about what the next big king tide will mean for their people. They shared how climate change and the corresponding sea level rise is causing increasing severity of these events, and the flooding of homes and hospitals in their homeland. They spoke of their fear, watching their people run around frantically looking for somewhere safe to go.

“*But there is nowhere to run in Kiribati*” Tinaai said. “*This is not about policy for us, it is about survival*”.

Joseph-Zane Sikulu from Tonga spoke about the grief he feels when seeing country acknowledged in Australia and knowing that climate change puts his own people at risk of experiencing severe loss of land and culture, and all the pain that comes with that, as indigenous Australians have suffered.

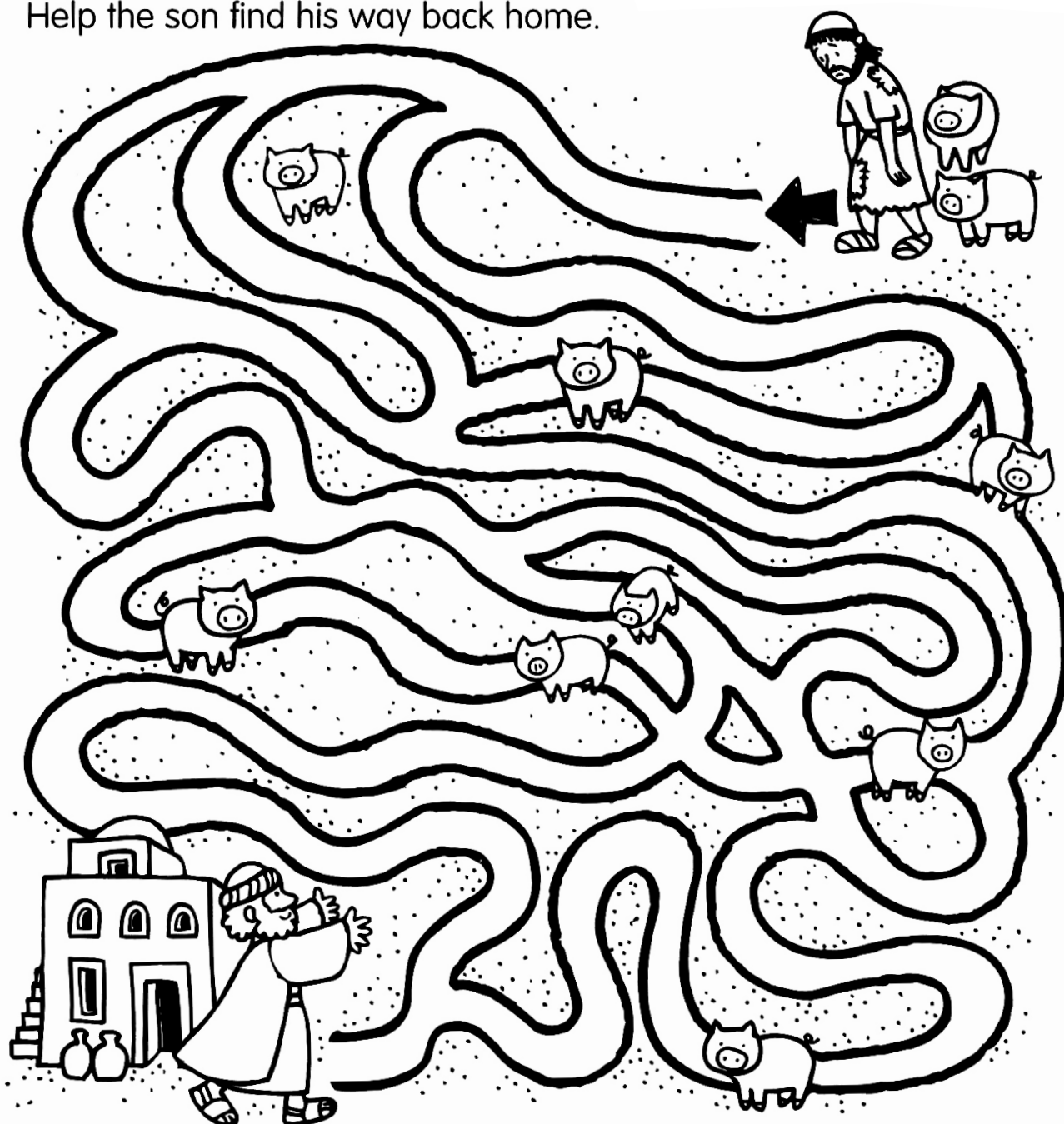
Micah Australia is a coalition of churches and Christian organisations raising a powerful voice for justice and a world free from poverty.



Kids Kapers



Help the son find his way back home.



The loving father forgave his son and gave him many gifts when he returned home. We can show God's love to our families when we are kind and forgive them. Our Bible says, "Forgive each other." (See Colossians 3:13.)



Wellbeing Week at St Edward's Tamworth

What a fantastic time St Edward's School community had celebrating our first Wellbeing Week with a focus on healthy breakfast and sleep habits. The week promoted these things and exposed our students to the various agencies in Tamworth that are available to assist with healthy sleep habits and eating wisely. Providing our students with various relaxation techniques and exercises will enhance their sleep patterns and place an emphasis on the importance of good sleep routines and healthy eating. These improvements will have a positive impact on our students' health and wellbeing and their overall performance at school too.



