



# Everyone's got green thumbs at Holy Trinity

Already known for its worm farms and waste-wise attitudes, Holy Trinity Primary School, Curtin, has become even more environmentally friendly, with the arrival of a new rain water tank.

The school won a 27,000-litre tank in the BlueScope Tank A Day Challenge, which aims to educate students about the importance of conserving Australia's natural resources.

Year two teacher Mrs Bernadette Scott said the environment was an important part of Holy Trinity's curriculum, with all students taking part in a gardening club.

"We rotate 20 different children every term and on Tuesdays at lunchtime they come outside to take part in the gardening club," she said. "It's important to teach the children how to plant and propagate. We're planning to plant some seasonal vegetables."

Mrs Scott said the school's water tank would set a good example about water usage for the children. "We want to teach the children to save water, and now that we have the water tank, we're going to use the water to rejuvenate the gardens and drip feed trees around the oval."

"We couldn't really water the gardens before due to the restrictions, so in time we plan to redo the front garden as well."

RIGHT: Year 1 students Byron Campbell and Sally Bisa with year 3 Bradley Horton (back) get their hands dirty in the garden.



# Let us pray

**WYD:  
Where  
to from  
here?**

Prayers are being urged throughout the Archdiocese on Sunday, 5 October, for farmers, fishermen, foresters, their families and their communities.

The date marks the anniversary of the arrival in Australia in 1797 of the first merino sheep.

Archbishop Mark Coleridge will celebrate the day with a civic prayer service in Bombala on Saturday, 27 September, as he will be in Rome in October for the world Synod of Bishops.

Joined by civic leaders, local farmers, foresters and fishermen from the South Coast, their families and supporters, Archbishop Coleridge will lead the gathering in prayers, bless pens of sheep, cattle and implements for the various occupations and bless the people who face the challenges of living and working in rural and regional Australia.

Parishes will receive a package of liturgical resources prepared for the occasion by Archbishop Coleridge and Bombala parish priest Fr Mick MacAndrew.

Over the past few years, since being

## **Support urged for farmers, foresters, fishermen and their families**

appointed to Bombala and Delegate, Fr MacAndrew said he had become aware of serious challenges being faced by everyone in rural areas.

"Not one area of people's lives is spared," he said. "Our parish may be only two and half hours from Canberra, but in the realities of everyday life, we are much more isolated. This is the same, and in some cases worse, for many other rural areas of our Archdiocese and Australia."

"For well on a century and a half, the wool trade was a major export earner for our

nation. The phrase 'Australia rides on the sheep's back' was in common usage to reinforce the importance of wool for the life of our nation."

"Things have changed since the 1960s and the rural and regional communities of our Archdiocese are dealing not only with drought and population decline, but many serious challenges to their economic, social and religious lives."

"To support all those who live by farming, fishing and forestry, Archbishop Coleridge asks us to join him in prayer, in some special way, on that Sunday."

Fr MacAndrew has become a rallying point for woolgrowers in his parish as they face pressure from the US-based animal rights group PETA (People for the Ethical Treatment of Animals). The group accuses woolgrowers of cruelty over the practice of mulesing.

Fr MacAndrew, after extensively researching the group's philosophies and practices, has labelled their methods occultic.



**The pilgrims have left, local young people have returned to their parishes and schools ... now what happens? Catholic Voice canvasses views on the way forward for our Church. Pages 4-7.**





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## contact us

**EDITOR and ADVERTISING:**  
Geoff Orchison  
Telephone 6201 9806 or 0407 008 563.  
E-mail ed.voice@cg.catholic.org.au

**JOURNALIST:**  
Naomi Fallon  
Telephone 6201 9872.  
E-mail cathcomm@cg.catholic.org.au

**ADDRESS**  
GPO Box 3089, Canberra ACT 2601.  
Favier House, 51 Cooyong Street,  
Braddon ACT 2612.  
Internet - [www.cg.catholic.org.au](http://www.cg.catholic.org.au)

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## What no eye has seen...

A photographic portrait of the Church in the Archdiocese is one of the features of the Vivid National Photography Festival in Canberra.

"What No Eye Has Seen... " depicts the life of a vibrant Church through the lens of Canberra photographer Mr Loui Seselja, with contributions from Catholic Voice editor Mr Geoff Orchison and journalist Miss Naomi Fallon.

More than 100 people attended the opening night at the Rheinberger Centre, where Archbishop Mark Coleridge said the exhibition was about more than just photographs. "The exhibition is a way of telling the fascinating story of the Archdiocese through a time of great change and no little turbulence," he said.

"We see the images but they open us to the world of the unseen, which is why the title 'What No Eye Has Seen' is so right. Each image captures a moment in time but in a way that opens us to eternity."

The exhibition is open from 9am to 5pm weekdays until 10 September.

ABOVE: Loui Seselja, Geoff Orchison and Naomi Fallon look at the display with Archbishop Coleridge.



## Envoy off to Africa

A priest who has served in Canberra for the past two years has been named as apostolic nuncio, the Pope's ambassador, to Chad and the Central African Republic.

Mgr Jude Thaddeus Okolo (right), counsellor at Canberra's Apostolic Nunciature in Red Hill, becomes an archbishop with the appointment.

The 51-year-old Archbishop-elect was born in Kano, Nigeria, and ordained a priest on 2 July 1983. He holds a doctorate in canon law and entered the diplomatic service of the Holy See in 1990, serving in Sri Lanka, Haiti, Trinidad and Tobago, Switzerland and Liechtenstein, and the Czech Republic. He has been counsellor at the Apostolic Nunciature since 2006 and is fluent in English, Italian, Spanish, German, French, Igbo and basic Czech.



## Terry defies the odds

Terry Naughton was told not to expect to live beyond the age of 40. A priest of the Missionaries of the Sacred Heart, Fr Naughton has beaten the odds to qualify to receive the Kellion Victory Medal from Diabetes Australia for those who have lived with diabetes for 50 years or more.

Born in 1939, Fr Naughton developed strong symptoms of type 1 diabetes, which occurs when the pancreas is unable to make enough insulin because the cells that make it have been destroyed by the body's immune system, while studying in the MSC novitiate.

His first posting was to Daramalan College in 1962, the opening year of the college. After ordination he returned as assistant principal in the junior school, and remained at the college until 1979. He was well known for his involvement in parent groups, father-son camps, and retreats for parents and religious.

"Treatment of diabetes has come a long way since I was diagnosed," Fr Naughton said. "The specialists told me then I'd be dead by 40. At first I was in denial, I was angry, but I learnt over the years to befriend it not to suffer it. I've found a lot depends on your mindset. There is life beyond diabetes." Fr Naughton, who requires five insulin injections a day, is a long-time member of the retreat team at St Mary's Towers Retreat Centre, Douglas Park.



## Sacred music to profit HOME

Queanbeyan choir Kaleidoscope will team up with Ainslie based choir Igitur Nos on Sunday, 14 September, to present A Concert of Sacred Music. Beginning at 2:30pm, the concert will be held at The Q Theatre in Queanbeyan. Tickets are \$25 for an adult and \$20 for concession and can be bought at The Q box office, [www.TheQ.net.au](http://www.TheQ.net.au) or through Kaleidoscope choir members. Profits will go towards HOME in Queanbeyan and Well Wishers Wells for Ethiopia.

## Old and new blend in ‘people’s house’

After more than 12 months of renovations, Archbishop Mark Coleridge has finally unpacked his bags in the "people's house".

Parts of the Archbishop's House in Commonwealth Park were demolished, all rooms were recarpeted and painted, and bathrooms and kitchen were renovated to make the house more "habitable, practical and economical".

"I made the decision to renovate the place last year during a terrible storm when almost three parts of the roof nearly collapsed under the weight of the hail. It's been a long and winding road but I don't think I had any option. I had to secure the house as an Archdiocesan asset for the future. I'd like to consider the refurbishments as a gesture appropriate to the year of the diamond jubilee."

On display in the foyer is a stained glass window of St Joseph, from the Mercy convent in Harden. Three more of the convent's windows are exhibited in the chapel. "I wanted to build elements of the Archdiocese's history into the house. I think having the windows from the convent is a way of recognising the extraordinary contribution religious women have made to this Archdiocese."

Throughout the house there is a concept of bringing the outside inside, with lots of windows, natural light and courtyards. Gifts from other bishops and cultures and elements of the Archdiocese's history are shown on walls and shelves.

"I wanted to combine the new with the old. I have retained as many of the original furnishings as possible."



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# Road show opens many career paths

MacKillop Catholic College students were encouraged to try a trade when the skills-to-school road show made its first ACT appearance at the college.

Over three days, more than 300 year-10 students visited the road show to experience more than a dozen trades including hairdressing, landscaping, painting and information technology.

College careers adviser Ms Marlene Jorgensen said she hoped the show would help students decide on a career path. "It is important for year 10 to experience this because it encourages them to think about trades and not just an academic path," she said.

Try A Trade coordinator Mr Andrew Burke said the road show was a great opportunity to give trades more exposure. "It definitely addresses the skills shortage," he said. "A lot of the road show sponsors have commented that the quality of their



Tracey Dodimead, from CIT, gives student Kate Wynn a hairdressing demonstration.

applicants has greatly improved since we began Try A Trade."

Year 10 student Adrienne Beveridge said she was seriously interested in a carpentry career. "I've been doing woodwork since year 8," she said. "Something like this helps you to learn a bit more about it."

# Cool, a chance to Refresh

Young people keen to continue the World Youth Day journey are being offered a chance to refresh.

They can spend time with other youth from around Archdiocese at the Catholic Youth Ministry team's ReFresh weekend on this month.

Held over the past five years, ReFresh weekend camps are for high school students in year nine and above.

Catholic Youth Ministry team coordinator Miss Daniela Kesina said ReFresh was an opportunity to explore faith, make new friends and learn more about what it was to be a young Catholic in the world.

"It's a great way to deepen the experience of World Youth Day," she said.

"Even for those who couldn't make it to Sydney, it's a chance to catch some of



CYM team members Sam Mullins and Erin Cassidy in a team drama presentation.

the spirit of the events of July.

"There'll be games, drama, interactive activities, sharing, reflection and, of course, plenty of time to relax and hang out."

ReFresh will be held from 26 to 28 September at Warram-

bui Retreat Centre and the cost is \$80.

Those interested should contact the Catholic Youth Ministry team, telephone 4821 1719 or 0419 620 357 or e-mail [cym.team@catholiclife.org.au](mailto:cym.team@catholiclife.org.au)

## Canberra Choral Society presents:

### Songs of America

Conductor: Dr Peter Pocock  
Canberra Girls' Grammar School Hall  
14 September 2008 2pm

Featuring choral works of Randall Thompson, Aaron Copland, Leonard Bernstein and Morten Lauridsen and a selection of African-American Spirituals.

Tickets available from Canberra Ticketing 6275 2700 or at the door

\$30 Seniors \$25 Concession \$20 Under 27 \$10



# Pope's 'great affection' for young Aussies

The Pope has thanked parish and school communities as well as host families for welcoming pilgrims into their homes for World Youth Day.

In a letter to president of the Australian Catholic Bishops Conference Archbishop Philip Wilson, the Pope thanked Australians for "the warm welcome and gracious hospitality".

He also assured young Australians of his "great affection" and "continuing prayers".

"At the beginning of my visit I said that young people appreciate the opportunity to come together to deepen their faith in Christ and to share with one another a joyful experience of communion in his Church. In the unfolding of the various events of World Youth Day 2008 - both catechetical and liturgical - we saw a vivid illustration that it is indeed so.

"I am confident that the young pilgrims will be strengthened in their commitment to the Lord and his

Church and encouraged to articulate the spiritual and moral dimensions of the questions which feature prominently in contemporary debate.

"Aware of the commitment of time and energy made by so many individuals and groups across Australia, I ask you to thank once again, on my behalf, the parish and school communities together with the host families who so generously welcomed pilgrims into their homes. May the Lord bless them for all their kindness and goodness.

"Finally, I wish to assure you of my great affection and my continuing prayers for young Australians. May the catechetical initiatives which I know you are so assiduously promoting bear much spiritual fruit, and may all the clergy, religious and laity entrusted to your pastoral care be renewed by the Holy Spirit. "To all of you I cordially impart my Apostolic Blessing as a pledge of lasting joy and peace in the Risen Christ."

## Couples look to the future

The future for families and marriage in the 21st century is the theme of a conference for married couples to be held in Canberra next month. From 4-5 October, the Australian movement Teams will celebrate the 60th anniversary of the international Equipes Notre Dame, with an Oceania conference. Jesuit Fr Frank Brennan will officially open the conference with the theme Trusting in the Future. It which will

include married couples, academics, religious, and representatives from church organisations. This year promotion of the cause for beatification began for French founder Fr Henri Caffarel. More than 60,000 couples in 70 countries belong to Teams, with around 1000 in Australia. For more information, e-mail Faye and Kevin Noonan on [teams-noonan@grapevine.com.au](mailto:teams-noonan@grapevine.com.au)



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# It demands a new confidence

World Youth Day was great, but the question now is, Where to from here? That's a question not just for those who attended WYD or were part of its preparation: it's a question for the whole Church in this part of the world.

WYD wasn't just for the young: it was for everyone. It wasn't just for Catholics but for the whole community. That's why the question, Where to from here?, isn't just for the young or even just for Catholics. In one way or another, it's a question for everyone.

In trying to answer the question, we need to move beyond the tendency to flop exhausted after such an effort, thinking that the job is done. When we set out on the journey of preparation for WYD, we said we were preparing for a journey of 20 years and more; and we can't forget that now. We also need to move beyond warm reminiscences and a general sense of gratitude and satisfaction for what has been achieved. What we need now are concrete strategies, and on this I am open to any suggestions.

One thing we have to do is have a thorough review of the entire WYD process, and that will happen sooner rather than later. This will not be just a post-mortem. The guiding question will be, What has the WYD experience taught us about the Archdiocese?

That is a simple enough question, but the answers might at times be surprising. The review will not so much a looking back as a looking forward with a view to future planning.

It will also be important to put in places strategies for contacting and supporting the many Catholics who may over time have drifted away from the Church for one reason or another but who, because of the WYD experience, may be open to the right kind of approach and invitation. This is where programs like Rewired and Reconnect will be important.

Then we need ways to harvest the enthusiasm of the young pilgrims who have returned to the Archdiocese from WYD. This will involve the parishes, the schools and all the communities from which the pilgrims came. Some schools already have programs in place - the Catholic Schools Youth Ministry program based at St Edmund's College comes to mind. But we need other ways as well - not all of them school-based - to take the spark of WYD and fan it into a flame.

One vital part of this is the nurturing of vocations of the priesthood and religious life. This is a time when many young people are coming to the end of their school years and are considering their future.

The same is true of university students who are looking beyond the many options in search of a mission which will give their life depth and purpose. Among the WYD pilgrims, there will be not a few thinking of the priesthood and religious life. I certainly hope so; in fact I know so.

They need our encouragement and support as they seek to hear and respond to the strange, gentle and urgent call of Christ. But again this encouragement and support needs to take concrete

shape. We need action and we need strategies. Here I might mention a dinner that I'm having at Archbishop's House for any men interested, however vaguely, in the priesthood. It will be on Wednesday, 17 September, starting with prayer at 6pm. All are welcome; if you're interested or know someone who might be, just telephone my office on 6201 9800 or Fr Emil Milat at Moruya, telephone 4474 2024. Later this year, there will also be a Vocations Weekend for anyone pondering a priestly or religious vocation. It will be at St Clement's, Galong, on 28-30 November. Again all are welcome for a time of prayer, teaching and recreation with others thinking along similar lines.



During WYD, the Catholic Church in Australia - at a time when we can be tempted to retire to some private corner - moved confidently into the public arena and made a powerful contribution to the whole society in a way perhaps only the Catholic Church can.

For all kinds of reasons, that was a vital part of the WYD experience for us at this time. The question now is: How can we ensure that we don't retreat to the private corner to which some would consign us?

How do we move more confidently into the public arena to make the unique contribution of which we are capable? These are large questions, but they are crucial at this time when the whole Church is being summoned by the Holy Spirit to become more missionary.

The new evangelisation certainly does not mean that we retire to a private and ultimately self-defensive corner. It demands a new confidence of the kind we tasted in WYD. But a taste is not enough: we need more. That's why for instance the establishment of a Canberra-based Institute of Public Policy at Australian Catholic University is so promising and even providential at this time. It is one concrete initiative which, I hope, will help the Church to stay where we're meant to be: not cringingly in some private corner but confidently in the public arena.

A final question is, How do we make the most of the experience of the universal Church which was so brilliantly on display through Days in the Diocese and WYD? In many ways the heart of the WYD experience was the very simple and powerful meeting of locals with pilgrims and pilgrims with locals.

On this far-distant island, we can think that we are a world unto ourselves. We can forget what a fantastic resource the universal Church is and how much this is part of being the Catholic Church.

Through Days in the Diocese and WYD, we were mightily enriched by those who came from afar. Now we have to ask the question, What does this mean concretely for us here in the Archdiocese as we move into the future? One thing is certain: the God who has brought us this far will not abandon us now. God will provide.

*Mark*

+Bishop Mark

## A real sense of joy

**Marist College headmaster Mr Richard Sidorko:**

"In all, 44 boys and eight staff represented Marist at WYD, the Marist International Festival or both. While they have returned understandably tired, there is a real sense of joy and enthusiasm about their experience. I'm sure the blessings of the WYD experience will be many for the boys and staff and I'm confident these blessings will permeate through the college in the months ahead."

## Proud of leadership

**St Edmund's College headmaster Mr Christopher Hayes:**

"As one of the many pilgrims to WYD I experienced the joy, hope and peace that accompanied the journey. What was also inspirational was to watch and listen to our 95 boys interact with the thousands of other pilgrims from across the globe who had come together to pray, reverence and celebrate their faith. I was very proud of not only how the boys conducted themselves but the leadership they displayed. At the international Edmund Rice festival on the Wednesday our youth ministry team played an integral part. During the Days in the Diocese at EPIC in the previous week, our boys stood up as great witnesses of their faith."

## On 'pilgrim alert'

**Principal of St Patrick's Parish School, Cooma, Ms Carolyn Jones:**

"I think that even the most sceptical would have to admit that the Holy Spirit was truly at work during WYD08. The challenge, of course, will be to maintain this momentum and excitement and keep the fires of faith blazing. You could really feel it all around you both here in Cooma during our wonderful Days in the Dioceses experience and in a myriad of other places as well. My Sydney grandchildren and their friends were on continual pilgrim alert. Every time they sighted a red and yellow backpack they would smile, call out a welcome and give a big wave. It was lovely to see the way pilgrims of all ages and nationalities responded in kind."

E-mail [ed.voice@cg.catholic.org.au](mailto:ed.voice@cg.catholic.org.au)

## Memories

### One for the album



Australian Federal Police chaplain Roger O'Donnell was at Kirribilli for the welcome to the Pope by Prime Minister Mr Kevin Rudd and Governor General Major General Michael Jeffery and their wives, and happened to be in the right place. Only a couple of media agencies were present at the short welcome and one of them caught the camera-wielding Deacon O'Donnell (background) as he caught the Pope.

The good natured and cheerful friendliness of the pilgrims stood out for him over WYD. As he sat at Sydney airport, three police officers who joined him remarked how they were "blown away" by the thousands of youth gathered around them speaking dozens of languages. They were still clapping, still beaming with smiles and sharing their great stories. The youth called out to the officers and thanked them for protecting them during their visit. It made their day.



Fun for Bombala parishioners with their Korean pilgrim visitors.



Faces in a crowd... Brenton and Katrina O'Brien, from Aria Park, along with pilgrim and volunteer Aaron McDonnell, from St Christopher's Cathedral parish, and West Wyalong parish priest Fr Troy Bobbin.

## Set great example

"As we, families and schools share in the spiritual development and education of the next generation of youth, the energy and enthusiasm the WYD pilgrims displayed for their faith, presents a challenge to us all. They have set a great example standing up for what they believe in; will we accept the challenge to be that example to our children?" - Acting principal of St Gregory's Primary School, Queanbeyan, Mrs Judy Walsh.

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# Fly the flag

Buy a Days in the Diocese flag as a memento of World Youth Day in the Archdiocese, parishes, schools and others are being urged.

"Following on from a very successful and spiritually enriched World Youth Day, I extend to you the opportunity to keep this experience alive in your parish and the wider community," Archbishop Mark Coleridge said.

Funds raised from the sale of the flags will go toward developing and implementing youth programs and outreach across the Archdiocese.

Flags are priced at \$100 including postage. Inquiries: Rosamia Pascual, telephone 6163 4393 or e-mail [rosamia.pascual@catholiclife.org.au](mailto:rosamia.pascual@catholiclife.org.au)



# Great legacy and promise of WYD

By Catholic Education Office director Moira Najdecki

To be among the hundreds of thousands of WYD08 pilgrims in Sydney was a salutary experience. I had expected impossible crowds, jostling and shoving, endless queuing, difficulties in seeing and hearing, tired feet and biting cold. Only the latter two expectations were realised, and they weren't nearly as bad as I'd feared.

Some of the most impressive scenes were:

The 24/7 call centre at CEO Sydney in Leichardt. This was very reassuring. One of the aspects that had most worried school principals was the vulnerability of their students and the daunting responsibilities on the shoulders of staff accompanying school groups.

The smooth, cheerful and hospitable way in which the lunch and dinner packs were distributed and then shared- "Who wants the baked beans? Wow, extra bread rolls, today! These oranges are just magnificent. Lamingtons and chips and a chocolate bar... sorry, too much."

The catechesis sessions: with 5000 to 6000 young people all gathered together: I was amazed at the respect and attention with which they listened to those giving testimonials, addresses and entertainment. Good manners and a very powerful sense of wanting to learn and to support were evident throughout. Bishop Eugene Hurley from Darwin was inspirational in his address. His answer to the youthful questioner who wanted to know "How do you become an Archbishop?" was honest, humorous and revealing.

The most frequent comments I have heard have been those of appreciation for the opportunity afforded to our children and students to see and enjoy the international experience and the wider Catholic church. Surely this is the great legacy and the great promise of WYD08.

Where to next? There is much to celebrate and much to build upon. If, as I've suggested, tomorrow's Catholic leaders can be supported in their enthusiastic faith; if they can sustain the spirit of togetherness and joie de vivre so evident in Days in the Diocese and WYD; if the sense that we're a welcoming and embracing church can be maintained, then families and schools and parishes will be able to look back with gratitude and move forward with confidence as they build on the wonderful foundations of two weeks in July in which the Australian Catholic Church was seen to be strong and inspiring and meaningful for future generations of young Australians.

E-mail [ed.voice@cg.catholic.org.au](mailto:ed.voice@cg.catholic.org.au)

# Think big, bold and public

By Fr Chris Ryan MGL, coordinator of the Journey of the Cross and Icon

The way forward from World Youth Day lies in knowing what we should be taking with us from the preparation and the WYD week itself.

Firstly, the tremendous commitment of resources, personnel and energy necessary for WYD communicated to young people that they matter to the Church. More subtly this also tells them that they matter to God.

While we cannot maintain the same levels of resources and personnel post-World Youth Day that was necessary prior to the event, we can and must find ways of continuing to invest in young people.

Dioceses, clergy, parish councils and people in the pews have some important decisions to make in this regard.

While it certainly helped that the event went well logistically, I think that secular Australia sat up and listened primarily because they saw something very attractive in the faces of the pilgrims.

I think this restored our confidence in our Catholic faith, reminding us that we have something that the world needs - the



Gospel of Jesus Christ - and that we need not be embarrassed or ashamed in presenting that to our contemporaries.

World Youth Day has taught us not to be afraid to think big, bold and public. Catholicism is not a private affair, and we reclaimed our rightful place in the public arena during WYD.

We cannot afford to relinquish it now that it's over.

That means continuing to think big, bold and public in the way we pray and speak about our faith - big and bold reminds us that this is worth our commitment, and public says to the world that our

message is of decisive significance.

Too often young people have been presented with a watered-down version of the Catholic faith in the mistaken belief that they will find doctrine boring or irrelevant.

That's an insult to young people's intelligence and shifts the blame from the ministers who often fail to present the drama of Christianity with imagination, flair and verve or fail to make the relevant connections to young people's lives.

World Youth Day demonstrated that young people can handle an undiluted message.

We should make sure that we go onwards giving it to them straight.

Finally, the WYD08 theme reminds us that the way forward is utterly dependent upon the guidance of the Holy Spirit.

The maxim remis velisque - with oars and sails - can help us here.

Let's make use of oars - practical planning, resources, the creativity and energy of young people - but let's also hoist the sails so that the divine Wind can take us to a destination that is at once ancient and new - Christ himself, the Alpha and the Omega.

## New Book release by Marist Father Paul Glynn

# "Like a Samurai" – the Tony Glynn story

## All proceeds to help the suffering Church in Sudan

Reconciliation is the theme that runs through the latest book, 'Like a Samurai', by the much loved author Fr Paul Glynn.

In this 185 page gripping book, illustrated with 71 fascinating photos, Fr Paul tells the life story of his brother Tony.

Schoolboy Tony Glynn excelled in rugby, track and field, boxing, cricket and surfing. He spent 42 zestful years in Japan, where he first built an Old Folks Home. Then, beginning from scratch he set up a parish plant including a thriving kindergarten, day nursery and an ever crowded church.

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# Blessed with abundance of creativity and passion

By Shawn van der Linden, Director, Catholic Learning Institute for Faith and Evangelisation

What a journey over the past 18 months preparing for WYD and Days in the Diocese. Parishes, faith communities and the WYD office had to face what at times seemed like insurmountable challenges. The size, complexity and the inherent variability of the task exceeded all expectations. As has been often said, we are a "mob Church" and this reality was intimately experienced in all its severe beauty by those closely involved in the organisation of this event; the largest pastoral project ever undertaken by our Archdiocese.

However, for every story of mistakes, lack of time and recourses, lack of experience and expertise, there is another one about gritty determination, courageous hard work, improvisation, collaborative teamwork and trust in God's grace.

Over the past 18 months a tremendous amount has been achieved and it will provide a firm foundation for future pastoral projects. WYD and Days in the Diocese have changed us and it is good to reflect and acknowledge these changes, as many of them will become foundation stones for the future. Some of these foundation stones to highlight include such things as:

- Enhanced community capacity in our parishes

- New lay leaders and Partnership in Ministry

- A new catholic volunteerism

- Increased regional collaboration

- Enhanced inter-agency collaboration, and

- A renewed sense of our identity and purpose as the Archdiocese of Canberra and Goulburn.

The exciting and challenging question now is where to from here? In the immediate term it is critical that there is a pro-active response from our parishes and communities. The young people who have returned from WYD, and others in our community who witnessed the media coverage and are now asking questions about God and the Church, need a personal invitation and welcome to allow them to take the next steps in their faith journey.

To support communities that are questioning what to do next, the Archdiocese is offering heavily subsidised training in the programs from the National Office of Evangelisation called "Rewired" and "Reconnect".

Further ongoing support will also be available soon in two new catholicLIFE roles which will come online in the coming months (senior coordinator of Learning and Parish Support and senior coordinator of Evangelisation and Ministry to Young People). These



roles will have a special focus on supporting and enabling various ministry initiatives in our parishes, schools and faith communities.

Our Archdiocese has always been blessed with energetic and innovative youth ministry activities. I would strongly encourage the sharing of ideas between communities about effective initiatives for this immediate post WYD follow up.

In the Archdiocese we have programs such as the Catholic Youth Ministry Team, Young Christian Students, Antioch, Young Vinnies, Catholic Schools Youth Ministry Australia, Corpus Christi Youth Community and Disciples of Jesus Youth. To connect to these initiatives, or if you have ideas or questions about immediate WYD follow up, please contact the catholicLIFE information line on 6163 4333.

For the Archdiocese of Canberra and Goulburn, Days in the Diocese and WYD were parts of a developing strategic focus on young people. In 2007 Archbishop Mark Coleridge provided a strong commitment and mandate for the Archdiocese to develop our approach to ministry with young people. The three key aspects of this mandate were to:

- Look beyond a "programs only" approach and develop more of a unified and sustainable model in our ministry to young people in the Archdiocese,

- Ensure that as best as we can our ministry to young people addresses the identified priorities of the Archdiocese as a whole including the regional and country areas of our Archdiocese, and

- Develop a balanced approach so that all the fundamental steps of evangelisation, catechesis, vocational discernment and mission are addressed in our Ministry initiatives and activities.

In particular the Review of Youth Ministry and Services in 2007 lead to a number of important recommendations, which were subsequently endorsed by Archbishop Coleridge at the inaugural youth summit in November 2007.

Two broad initiatives to arise from these recommendations (to be implemented over the next six months) are especially important as we seek to build upon the foundations laid in Days in the Diocese and WYD. These are:

1. The establishment of an Archdiocesan Youth Leadership Advisory Council

2. The development of an Archdiocesan Framework for Ministry with Young People.

The two initiatives will ensure that our post-WYD ideas, programs, energy and enthusiasm can be supported and maintained for many years to come. This is because they will provide:

- A strong sense of common purpose and united focus in the Archdiocese with regards to ministry to young people

- A long-term vision for ministry with young people and implementation plan for that vision.

The Archdiocesan Framework for Ministry with Young People will build upon the outcomes of the 2004 Synod and 2007 Youth Review. It will be developed through a number of facilitated workshops with representatives from all the youth ministry stakeholders in the Archdiocese. This Archdiocesan Framework will be closely aligned with the National Framework being developed by the Australian Catholic Bishops Conference which is due to be ratified in November.

Developing an Archdiocesan

strategic focus on ministry with young people is a journey that we have been on for some time. Stay tuned for more information on the next stages that are outlined below.

1. 2004 - Archdiocesan Synod

2. January 07 - Establishment of a new Archdiocesan Pastoral Support Agency, catholicLIFE, located at the Rheinberger Centre

3. July 07 - Review of Youth Ministry and Services

4. November 07 - Inaugural Youth Summit

5. July 08 - World Youth Day

6. October/Nov 09 - Dates TBC

- Workshops with representatives from the Archdiocesan Catholic Youth Network to develop a working draft of the Canberra & Goulburn Archdiocese Vision for Youth Ministry and Vision Implementation plan

7. December 08

- Update working draft following the ratification of the National Vision produced by the ACBC

8. December / January 09

- Further engagement of the ACYN and broader stakeholders.

9. February / March 09

- Public release of Interim Canberra & Goulburn Archdiocese Vision for Youth Ministry and vision implementation plan

- Input from broader community.

It is with a great sense of hope and expectation that we can now look beyond the joy and success of the Days in the Diocese and World Youth Day events.

Although limited in practical recourses, our Archdiocese has been blessed with an abundance of creativity and passion when it comes to ministry with young people. This gift from God should inspire us with confidence that we can move forward towards developing a long-term vision that further supports sustainable and quality ministry to young people.

## A dream surpassed

"WYD has given young people an opportunity to see what is possible. The dream for WYD wasn't just realised, it was actually surpassed.

What were the highlights for me at WYD? Firstly, just being part of the WYD experience. Words can't express what it was like to be part of the biggest religious event that has ever been held in the Great Southern Land. Secondly I will always remember meeting Bishop Jaime Soto from Sacramento California. He led the catechesis session on the Thursday morning and spoke on the Church as the Body of Christ. In his homily he sang a song based on a beautiful Ignatian prayer." - **principal of St Francis Xavier College, Florey, Mr Angus Tully.**

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# I'd like to see more of this

**World Youth Day archdiocesan coordinator Mr Nathan Kensey:**



The build up to WYD around the Archdiocese unveiled a number of hidden aspects of our faith communities and their immense capacities. To develop what we're good at, to share that experience with other communities and not be afraid to do the hard things; that's what I hope to see in this post-WYD period.

So what happened that would be good to see more of?

1. We gathered together: for me, nothing was more powerful than seeing whole communities coming together - for the cross and icon, for fundraising events, for prayer. The reason for gathering is irrelevant, but getting together outside of our Sunday Mass commitment is vital to any Christian community.

2. We cooperated: communities working together to put on

events was a very important part of our success. Parishes, movements and schools all bound together. This was significant for two reasons: one, it brought together skills sets that, together, had immense benefit; two, it showed a way of continuing community in a shrinking Church demographic.

3. We offered our talent and time: Whether we are generally involved or not in our communities, we went above and beyond in offering ourselves for WYD - both in time and skills. This needs to be the norm. Everyone should have a role in the community and the skills we have in our every day lives can always be applicable in our faith communities.

## No longer same person

**Camille Bayada, teacher at Lumen Christi College, Pambula:**



WYD 2008 is over and I can't count the number of times I've been asked if I'm relieved that now things can go back to

normal. Well yes, I am relieved, but am also now convinced that nothing will ever go back to the normal that we once knew. And the reason everything has and must continue to change... because every person who encountered the joy that was and is WYD is no longer the same person.

The two statements that have filled me with the most joy over the past weeks have been, "I wish I had gone" and "What do we do next?"

Not because I want to revel in the unfortunate circumstances of those who were unable to find the time to attend but because these two statements prove that WYD exceeded our expectations in inspiring the masses, and WYD set many on a journey, perhaps a journey that they had not planned.

So what is being done to capture this thirst for further spiritual fulfilment?

Here at Lumen Christi Catholic College we are pushing forward with many initiatives that have sprung from and been nourished by WYD.

Fr Mick MacAndrew is forming an RCIA group to ensure that we provide our school community with a path into our parishes. Devett O'Brien has trained a group of our students to begin improving the culture of our school with the actions of the Young Christian Students Movement.

And most importantly, we now

have students standing up in front of their peers proclaiming their faith and inviting others to join with them in their journey.

## It's actually kind of cool

**Catholic Education Office education officer Mrs Donella Johnston:**

"We had the experience but missed the meaning". T.S. Elliot

WYD is over and by all accounts it was an extraordinary event.

But what did it all mean? What did it mean to the young people who went to Sydney? What are our hopes for those who went to WYD? In the weeks following WYD, I have been pondering these things.

I hope the young people who travelled to WYD came to realise that being Catholic doesn't need to be "daggy".

In fact, it's actually kind of "cool" to be part of the great global Catholic community. I hope they gained a sense of the diversity of the Church.

There is a place for everyone in our Church. I hope they return with a sense of belonging and connection.

I hope their WYD immersion experience gives them the courage to stand up for what they believe in.

To be a disciple of Jesus takes

courage. But it is always worth it because faith enriches our relationships and adds depth to our lives. As someone once said, "If you



stand for nothing, you'll fall for anything." I hope they come home to their schools and parishes with the confidence to discuss their faith with others.

I would like the young people who experienced WYD to return with an understanding that to commit to living a life in Christ is to live a good, fulfilled and happy life.

You don't have to stand on a soap box with a bull horn to evangelise.

St Francis of Assisi said "preach the Gospel and if you have to, use words".

I hope the young people who attended WYD will inspire and renew their local communities and that their WYD experience will provide them with the faith and courage to challenge, transform and lead our Church so that it might one day more closely resemble Jesus' plan for the Kingdom of God on Earth as it is in Heaven.



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**Burial in Ancient Times**

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Red ochre was sometimes sprinkled on the body - perhaps representing the blood and strength the deceased would need in an afterlife.

the Vikings sometimes buried the dead under the thresholds of their houses. This was because they believed that the souls of the dead could defend their houses against evil spirits.

Today, burial in the Canberra region occurs in public cemeteries.

*If you would like to know more about the funeral options available these days, please contact M.H. O'Rourke on (02) 6297 1052.*

  
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# Church re-opens after shaky time

Bombala parishioners will be back in their church this month after four months of work to repair damage caused by earth tremors.

Archbishop Mark Coleridge will consecrate the restored church and the new altar at 11am Mass on Saturday, 27 September, followed by a barbeque lunch in the grounds. The parish invites anyone to join in the celebrations.

The restoration project involved rebuilding the church's internal and external walls and a new wooden sanctuary floor replaced the old polished cement one. The restoration was necessary after the church was damaged in a series of earth tremors. The last, on 5 February, 2006, was the most severe, registering 3.9 on the Richter scale.

Parish priest Fr Mick MacAndrew said without the expertise and commitment of Mr Tony Cassar, of Catholic Church Insurances, "our parish would not be preparing for a celebration to re-open our church, but more than likely downtown selling raffle tickets trying to raise money to start the repairs."

BELOW: Work in progress at Bombala's church, with parishioners Therese Rumph, Betty Cowell, Betty Lomas and Barbara Brownlie and builder Neil Rankin.



## Far from famine

The descendants of female Irish famine orphans who came to Australia in the mid-1800s will gather next month at Galong to mark the 160th anniversary of the arrival of the first of the ships.

On 6 October, 1848, the Earl Grey carrying 183 young Irish women arrived in Sydney.

A six-day program of events has been organised at St Clement's retreat and conference centre on 2 to 7 October to mark the anniversary of the arrival of the "famine orphans".

Shamrock in the Bush organisers and authors of "A decent set of girls" - the Irish Famine orphans of the Thomas Arbuthnot 1849-1850, Richard Reid and Cheryl Mongan have devised a program of history, culture, music and dance as a celebration of the lives of the 4114 young women who came to Sydney, Melbourne and Adelaide through the immigration scheme.

The gathering with the theme Far from Famine is part of the International Year of the Potato calendar and will support famine relief in underprivileged communities.

Archaeologist, historian and presenter of the television series Famine in Ireland, Michael Gibbons, from County Galway, will deliver a series of lectures on the famine and related subjects. Other highlights will include a dinner in historic Galong House, a ceili in the village hall, an ecumenical thanksgiving service, a pilgrimage to Galong cemetery and a concert.

For more information go to [www.shamrockinthebush.org.au/famine](http://www.shamrockinthebush.org.au/famine)



## Special day for Taralga

Confirmation day at Christ the King, Taralga, was a great occasion for the parish with the sacrament administered by parish priest Fr Paul McGavin. Preparation began at the start of the school year, and confirmands met with Fr McGavin at the altar rails for 10 to 15 minutes after Mass each Sunday over several months. This worked well for inserting the sacramental preparation into the on-going life of the Church, Fr McGavin said. The children particularly loved choosing their confirmation names, and all chose not just the name form, but the saint form, such as "St Lucy", and one lad chose, "Emmanuel St John".

ABOVE: With Fr McGavin are (from left): servers Michael Bennett and Paul Torley, those confirmed Nicholas Bennett, Michael Carlon, Joanne Robinson, Bernadette Carlon and Harrison Cummins, servers Thomas Hunter and James Fanning, and acolyte Shaun Fanning (acolyte).

## Historic altar for Old Cathedral



The Feast of Saints Peter and Paul on 29 June was celebrated in Goulburn with a special Mass of Thanksgiving with Archbishop Mark Coleridge.

As part of the ongoing restoration project at Sts Peter and Paul's Old Cathedral the marble altar dedicated to the memory of the fourth bishop, Bishop John Barry, was relocated from St Patrick's Cemetery Chapel and installed in the Old Cathedral. During Mass Archbishop Mark blessed and reconsecrated the altar (above).

A morning tea was held after Mass in the Bishop's Room in the presbytery for supporters and benefactors of the restoration.



Work is proceeding on the stonework on the western façade and the western stained glass window is being cleaned and repaired.

## Uniforms donated

The St Vincent de Paul Society in Young has received a donation of new Hennessy College uniforms worth about \$8000 from supplier Personally Yours.

Personally Yours had supplied uniforms for the college for a time before it switched to a local supplier. Rather than destroying the left-over embroidered uniforms Personally Yours donated them.

## Pope blesses half century



Tathra couple Mary Anne and Mike Tupper celebrated 50 years of marriage with a blessing from Pope Benedict XVI to mark the occasion. This was their third papal blessing presented by cousin and Cootamundra parish priest Fr Kevin Barry-Cotter, who also arranged blessings from Pope Pius XII when they were married and from Pope John Paul II after 40 years of marriage.

ABOVE: Fr Barry-Cotter (left) is pictured with the Tuppers.

## From small seed...

Children of St Matthew's Primary School, Page, took part in a market day to raise funds for people devastated by earthquakes and cyclones in Burma and China. The idea came about from a group of children in Year 4, who began making and selling bracelets to raise money. The idea grew and the whole school became involved with each class setting up a stall. The children raised \$890. BELOW: Samantha Wyers and Samantha Beake sell bracelets.



# Vinnies marks 30 years of youth aid

Vinnies is marking 30 years of running youth programs in Canberra, during which time more than 2000 young people have benefited.

To mark the anniversary, the society is holding a reunion dinner for volunteers to recognise their contribution to the community.

Regional council president Mr Tim Moore, who has been a Vinnies volunteer for about 15 years, said it was incredibly rewarding. "It's a great opportunity to meet people with similar interests and you get to make a real difference in so many children's lives," he said.

In 1978, a group of students from Canberra's Catholic colleges came together to establish a camp program for children in the Archdiocese who were disadvantaged.

Since then the program has broadened to provide extra support and care and give young people opportunities to play sport and build self esteem with dance lessons.

In the past three years, the society has extended programs further by offering teen and family camps to continue the work done with children in the program.

"The camps were established for kids who would otherwise have nothing to do during the holidays," one of the society's first youth conference volunteers West Wyalong parish priest Fr Troy Bobbin said. "These were kids who were doing it tough, who needed someone to give them a break and an opportunity to forget about things for a while."

Despite continuous support from many Canberra Catholic colleges, Mr Moore said more volunteers were always needed.

"Volunteers are the backbone of this organisation. We're always keen to have more people along."

Mr Moore said volunteering was great experience for a future in teaching or youth work. "I am now a youth worker at ACU and it's all because of Vinnies that I've gone down this path. The skills and experience you can gain from Vinnies is phenomenal."

Youth program volunteers past and present are invited to attend the dinner, which will be held at the Auditorium in Wanniasa. Inquiries: Sr Therese Haywood, telephone 6121 2955, or e-mail therese.haywood@stvincanb.com.au

## Needy 'more hidden' in capital, says Marymead's new head

Social issues that exist in Canberra are often more concealed than they are in other capital cities, the new chief executive officer of Marymead Child and Family Centre says.

It is not only the weather Ms Hilary Martin has found to be different in Canberra, but also the city's knowledge of those who are socially disadvantaged.

Ms Martin comes to Marymead from Spiritus, one of the largest providers of community-based services in Queensland, where she worked as the group manager of social services.

"I think the areas of disadvantage are a lot more hidden in Canberra than in other capital cities," she said.

"There is a certain perception of high employment and affluence here and the other issues are hidden.

"I think we ought to keep an awareness and consciousness



Marymead chief executive officer Hilary Martin ... "passionate about the quality of services we deliver".

around the areas of need."

Despite coming from a much larger organisation with about 2500 employees, Ms Martin said she is enjoying getting to know the Marymead team of 160 people.

"The welcome I have received during my short time in Canberra has been overwhelmingly positive.

"I am looking forward to working with the great team at Marymead, getting involved in the community, and working alongside funding bodies and other community service centres.

"I'm passionate about the quality of services we deliver

to our clients and improving the lives of children and young people who have been disadvantaged by their upbringing.

"I think I can bring a lot of experience to the role of Marymead CEO.

"I've worked in four states and I think that gives me breadth and perspective."

Further encouragement to move to Canberra was fuelled by family reasons.

"It's very special to be near my grandchild. I am loving being here in Canberra. The drive to work is a pleasure - the scenery and lack of traffic are lovely."

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Brrr... It's been a cold winter. At St Francis of Assisi Primary School, Calwell, year five students Patrick Cunneen (above right), Mariana Elmoudawar (below left) and Josie Erzikoff (above left) have reflected on the past couple of months in their drawings. Year four student Alexandra Le Pham prepared for spring with a bright acrostic poem (right) called New Life

Year four student Teagan Shaw drew a lovely picture (below) she called "God's Creation".

Eight year old Cheyenne Dewberry from St Joseph's Primary School in Eden drew a beautiful colourful bird (below right).

Georgia McGrath, 10, from Kaleen showed real artistic flair with her picture of Jesus' Ascension.

#### MY KITCHEN RECIPE

Take a cup of kindness, mix it well with love, add a lot of patience and faith in God above. Sprinkle very generously with joy and thanks and cheer, and you'll have lots of "Angel Food" to feast on all year.

- By Amber K, St Joseph's School, Eden.

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by Alexandra Le-Pham 4/51 Francis of Assisi



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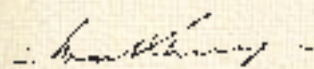
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## CLERGY RETIREMENT FOUNDATION

Dear Brothers and Sisters,



I have just completed two years as Archbishop of Canberra and Goulburn, and in that time I have come to see many things. One the things I've come to see is that without the so-called "retired" priests we would be in deep trouble. The priests who have lay down the burden of responsibility as Parish Priests continue to be an absolutely vital part of the life of the Archdiocese. They have borne the burden in parishes for many years, and you might say that they are entitled now to sit back and take a rest. But the priesthood is not like that. The very fact that priests retire has perhaps encouraged the sense that the priesthood is a job like many others. But the priesthood is not just a job. It's a job and a marriage rolled into one, with an extra bit thrown in – by which I mean the ceaseless engagement with the supernatural without which the priesthood becomes one-dimensional and in the end soul-destroying. You can't retire from a marriage; you can't retire from a family. Even if you retire from a job, the deeper engagements remain. That's why the "retired" priests (is "reserve" priests better?) are right at the heart of what we are as the Church. It's also why we need to support them through the Clergy Retirement Foundation. That's why I strongly commend to your usual generosity this year's Father's Day Appeal. Giving generously to the Appeal is not only a way of saying thanks to the "retired" priests for all that they have done and are doing, but also a way of recognising and celebrating the truth of the Catholic priesthood and the truth of the Catholic Church.

  
 + Mark Coleridge  
 Archbishop of Canberra and Goulburn

### Lanigan House gets ready to open

The \$1.6m refurbished and expanded former Garran presbytery, to be known as *Lanigan House*, after the first resident bishop of the Goulburn Diocese, is due to be completed by early September.

Four new self care Units have been added onto the main building with three residential suites inside the existing building being completely refurbished. Work also included a new living quarters for a housekeeper and an expanded kitchen, dining and community area as well as a landscaped outdoor area for recreational activities. Already there have been expressions of interest from retired priests to take up residency at Lanigan House which has the capacity to accommodate 7 priests.

Secretary of the Clergy Retirement Foundation, Mr Kevin Croker, said that provision inside the main building had also been made for a Chapel which could hold up to 12 people.

Mr Croker said that the project is a wonderful testament to the late Monsignor John Kelly who built the presbytery for the then Garran parish back in the early 1970's and was only made possible by a generous bequest from the estate of the late Father Albert Havas.



Construction at Garran.

A group of residents having morning tea at Calvary retirement village - Mr Charlie Croker, Former executive secretary of the Archdiocesan Pastoral Planning Committee Mr Ken Hutchings, Fr Henry Byrne, Former Archdiocesan business manager Mr Bob Smeaton and Fr Brian Maher.



Mr Charlie Croker, Former executive secretary of the Archdiocesan Pastoral Planning Committee Mr Ken Hutchings, Fr Henry Byrne, Former Archdiocesan business manager Mr Bob Smeaton and Fr Brian Maher.



Fr Hilton Roberts (pictured) at the altar of St Mary's Chapel in Calvary Haydon Retirement Village, Bruce, where he regularly celebrates a weekday Mass for the aged care community and staff. Although retired from active ministry, Fr Roberts and his brother retired priests have busy schedules supplying Masses to various centres and parishes throughout the Archdiocese. On 23 November this year Fr Roberts celebrates the 50th anniversary of his priestly ordination.

### Father's Day Appeal

**Archdiocesan Target \$75,000**

This annual collection in support of our Archdiocesan sick and retired priests will be conducted in all parishes of the Archdiocese over the weekend of 6 and 7 September.

Father's Day Appeal

Sunday, September 7

Please give as generously as you can to this collection.

Special envelopes will be available at all weekend Masses

**ALL DONATIONS ARE TAX DEDUCTIBLE**

## HOW YOU CAN HELP SUPPORT OUR RETIRED PRIESTS

My donation is:

☐ \$25 ☐ \$50 ☐ \$100 ☐ Other \$.....

All donations over \$2 are tax deductible

First name (Mr/Mrs/Miss/Ms/Rev): .....

Surname: .....

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Postcode: .....

Phone: .....

Donations may be sent to:

The Clergy Retirement Foundation, GPO Box 3089, Canberra ACT 2601 or fax Donations to: 02 6257 7410 email enquiries to kevin.croker@cg.catholic.org.au

☐ I would like to become a regular donor.

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Monthly: \$.....

☐ Please send me information on remembering The Clergy Retirement Foundation in my will.

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Expiry Date: ...../.....

Signature:.....

**Thank you for your help in providing for the care of our sick and retired priests of the Archdiocese of Canberra & Goulburn**



# Club helps Karinya to help more mums

## You can make a difference!

There are so many ways you can contribute to Marymead and help create a brighter future:

- make a donation or bequest
- get your workplace involved in workplace giving
- give a gift
- volunteer with one of our programs
- join the Marymead fundraising auxiliary

For more information on the above ways you can help visit:

[www.marymead.org.au](http://www.marymead.org.au) or call (02) 6162 5800



With the help of a local club, Karinya House is on its way towards helping more of Canberra's disadvantaged women and children.

The Canberra Southern Cross Club will donate \$30,000 annually to Karinya House for the next three years, which will go towards casework management and educational group activities with clients.

Coordinator Ms Marie-Louise Corkhill said the money would help Karinya House reach out to more people in need.

"We can only accommodate a maximum of eight women at a time and we have to go out to the rest of them in their homes," she said. In the last financial year Ms Corkhill said Karinya House was unable to accommodate 244 people, and clientele was up 14 per cent from the previous year.

"Ideally we would like one day to be large enough to accom-

modate those we turn away as well - that is our ultimate goal.

"Karinya is a very homely place, so we don't want to make it into a huge institution. When the women come here, they see it as their own home and we want to keep it that way. Many of the women we see don't have a next of kin, so we are that for them as well."

More than 70 per cent of Karinya's clients are homeless and Ms Corkhill said an experience with the organisation often helped them change their lives.

"Often when these women come to us they are leaving an environment that is unsafe. When they come back to visit, some of them are in stable relationships and many go back to school, which is something we really encourage."

Vice president of the Canberra Southern Cross Club Mr Adrian Caddy the relationship with Karinya House was about

more than just money. We are delighted to be forming a closer working relationship with Karinya House," he said. "We take our obligations to the community very seriously and the key to this relationship is understanding one another and working together." Those interested in supporting Karinya House may telephone 6259 8998.

ABOVE: President of Karinya House Management Committee Mrs Sarah Kelly, general manager of the Canberra Southern Cross Club Ms Carol Sawyer, Karinya House coordinator Ms Marie-Louise Corkhill and Canberra Southern Cross Club vice-president Mr Adrian Caddy welcome the initiative to help more disadvantaged women and their children.



## Caring in your local community

At Catholic Healthcare, people matter. All people matter. Within the Archdiocese of Canberra & Goulburn, we offer a range of care and support services to older people and people with a mental illness or intellectual disability.

### Our Residential Aged Care Services

#### Maranatha Lodge, Bateman's Bay

- Coastal setting with ocean views
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- Diverse range of activities
- Mass celebrated weekly

#### Blakeney Lodge, Tumut

- Nestled in Snowy Mountains foothills
- Low care service for 30 residents
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For more information contact 1800 551 834

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- For older people requiring low levels of care in the home
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#### Respite Care, Young

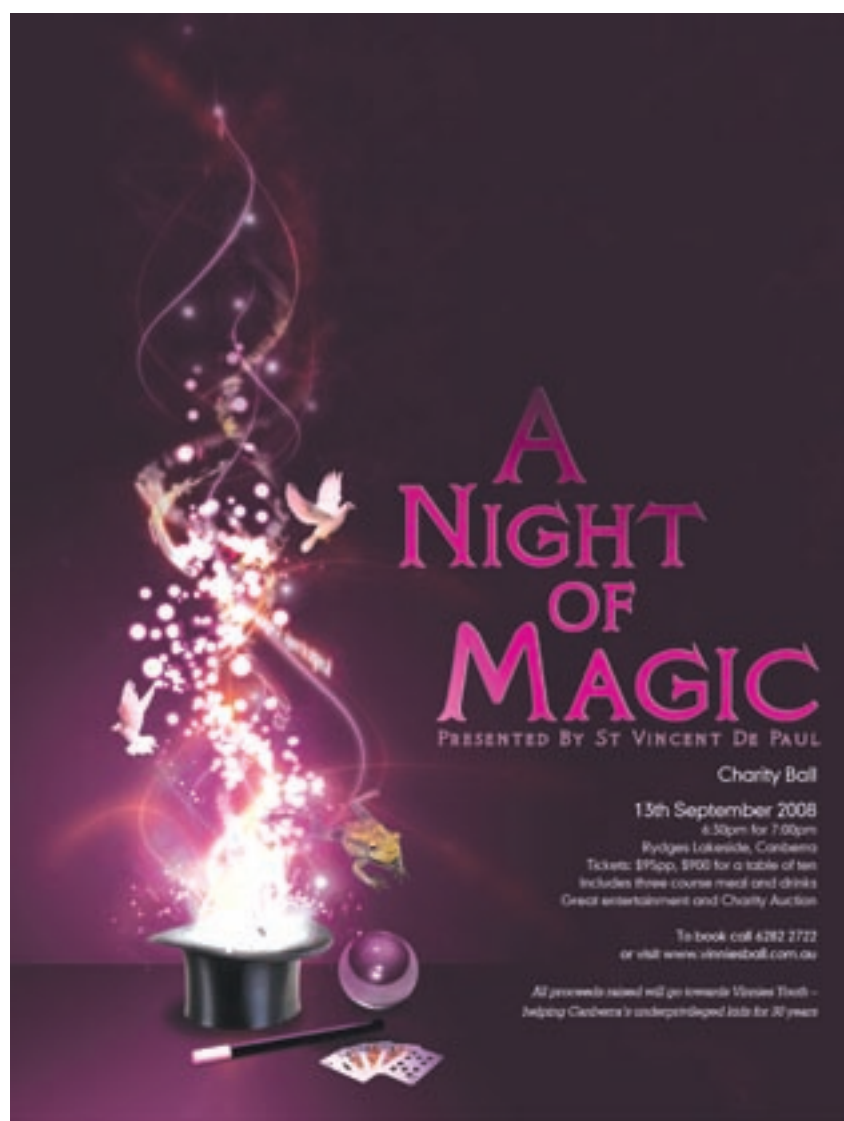
- For carers of people with a mental illness or intellectual disability
- Respite care delivered in the home or in a day centre
- Service available shortly

For more information contact 1800 225 474

[www.catholichealthcare.com.au](http://www.catholichealthcare.com.au)



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# SOUTHERN CROSS CARE

***“A great place to live”***



**BOMBALA:** An additional 10 care apartments and 10 replacement apartments were completed as Stage 1 of the redevelopment in July 2008

## More aged care options for the Archdiocese

Southern Cross Care is not known for letting 'grass grow under its feet'. Following the completion of the 70 care apartments and 14 independent living units development at Garran, Southern Cross Care was busy with its project in Goulburn.



**LAND AT HARDEN:** In May 2008 a small village and a large parcel of land was purchased from the Royal Freemasons Benevolent Institution to accommodate the St. Lawrence Home to be transferred from Galong. Construction to commence early in 2009.



**GOULBURN:** On 24th May 2008 Archbishop Mark led the Ecumenical Blessing Service for the new 30 care apartments facility which was developed on the site of the Sisters of St. Joseph Convent. Residents and families alike have commented on the homeliness of the facility as opposed to the more institutionalized services which are available in town.



**COOTAMUNDRA:** Tenders closed on 8th August 2008 for the construction of 41 new care apartments at Cootamundra.



**CAMPBELL:** At the same time, Southern Cross Care was also busying itself with the construction of its latest facility at Campbell, A.C.T. The 40 care apartments facility which is being built on the old Ozanam House site next door to the shops in Campbell, will be a real blessing for older people in the more established area of central Canberra who will be requiring care. The new facility will be ready to receive new Residents in early 2009.



**YOUNG:** A big hole in the ground heralding the commencement of work on the new 80 care apartments facility in Young.

**Enquiries regarding independent living accommodation and/or residential care should be directed to the Southern Cross Operations Manager, Godwin D'Amato, on 0419 426 564**



*Karinya House is a community based organisation, providing residential and outreach support to women who are pregnant or with young babies, servicing the ACT and surrounding regions.*



## Caseworker

### SACS Level 5, Full-time (flexible)

A caseworker at Karinya works as part of a dynamic and enthusiastic team, making a difference to the lives of women and their families.

The program is focused on early intervention and flexible service delivery. An ability to work compassionately with families, often with complex needs and promote their empowerment and independence is an essential attribute.

Applicants require tertiary qualifications, relevant training and/or substantial demonstrated experience in casework management, group work and counselling.

For further enquiries and a position package contact Marie-Louise Corkhill on 6259 8998. Written applications addressing the selection criteria are to be received by COB Friday, 12 September 2008.

The Coordinator  
Box 6 Evatt Newsagency  
EVATT ACT 2617  
info@karinyahouse.asn.au

# Marymead needs more helping hands

Marymead is Canberra's own community-based child and family centre. The centre opened over 40 years ago in 1967 to meet the needs of Canberra families, through the initiative and hard work of the Franciscan Missionaries of Mary.

The Sisters left in 1986 and the organisation has grown and changed as Canberra has, but the mission of caring for children, supporting families and building communities has stayed the same.

Marymead is always ready with a helping hand, offering assistance and support for children and families at critical times.

It works with families in their homes and provides safe supervised changeover for children between separated parents who are in conflict. It runs groups for men and women to help them with the challenging task of parenting.

Marymead provides safe places for children who cannot be at home through its residential and foster care, and supports children with disabilities.

The child and family counselling program works with parents who have identified worrying behaviours in their young children.

Through our numerous vital programs Marymead works with more than 800 children and families each year.

Marymead needs more "helping hands" and the goodwill of the community to continue supporting vulnerable children and families.

You can give a helping hand to Marymead in many ways, such as giving your time through our volunteer programs, attending one of our many events held throughout the year, making a donation, leaving a bequest or joining our fundraising auxiliary.

If you are interested in finding out more about the support Marymead provides, if you need a helping hand, or if you would like to give your time or a financial gift, telephone 6162 5800 or visit [www.marymead.org.au](http://www.marymead.org.au)

# Gala ball aids work of Vinnies youth

The St Vincent de Paul Society's third annual Youth Charity Ball - the gala event for the society in Canberra - will be held on Saturday, 13 September.

Last year 330 guests helped raise \$25,000 with all proceeds going directly to the work of Vinnies Youth.

Vinnies Youth are a group of volunteers aged 16 to 27 who reach out to more than 200 of Canberra's underprivileged children every year.

The volunteers run kids camps, day activities and sporting teams for children aged 6 to 12.

Their work is based on the foundation that every child is

important and deserves equal opportunity, as well as the chance to be a kid.

Their main focus is school holiday camps, with up to eight held each year.

Camps are also run for young carers, children whose lives are structured around caring for a sick or disabled relative.

Other activities such as ice-skating, bowling, soccer and dance groups are run throughout the year.

While volunteers with Vinnies Youth, give their time free, the programs they run must be funded.

The Youth Charity Ball, is

organised solely by the volunteers and is the major fundraiser for Vinnies Youth in this Archdiocese.

Information can be found at [www.vinniesball.com.au](http://www.vinniesball.com.au) Tickets include a three-course meal, drinks and entertainment as well as live and silent auctions. Ticket sales close on Monday, 8 September .

If you miss out, you can still donate to Vinnies Youth by telephoning 6282 2722, or sending your donation to PO Box 642, Mawson. If you would like to be a sponsor of the 2009 ball, or find out more about Vinnies Youth please contact [stvdpc@stvincanb.com.au](mailto:stvdpc@stvincanb.com.au)

CATHOLIC VOICE

**Yours FREE every month. Share yours with a friend.**

Centacare is a welfare agency of the Catholic Archdiocese of Canberra and Goulburn and has been providing services to the community for over 50 years.

Services are managed through four main program delivery areas:

- » Disability and Aged Care Services
- » Youth, Mental Health, Accommodation and Vocational Services.
- » Family and Regional Services
- » Counselling Services

Centacare is committed to providing quality services with respect to confidentiality, accessibility and equity to persons in the community and has attained Quality Management System accreditation to ISO 9001:2000.

For further information about any of Centacare's programs please refer to our website:

### Disability and Aged Care Services

Aged Care - Seniors in Networked Communities (SINC)

Dorothy Sales Cottages - accommodation & respite for people with an acquired brain injury.

Pastoral Care

Accommodation Support for people with a disability

Mature Carer's - case management & future planning for ageing carers

Respite Options for Mature Carers

Home & Community Care (HACC) - domestic assistance, social support & personal care for people with a disability

Living in Networked Communities (LINC) - Innovative accommodation options for people with a disability

Flexible Family Respite Care - for people with a disability, people who are ageing, people with mental health issues and people with chronic health care needs.

Hands On Studio—art studio for people with disabilities.

Contact details: 02 6163 7600

### Youth, Mental Health, Accommodation and Vocational Services

Homelinx

Youth and Wellbeing

Job Placement, Employment & Training (JPET)

Strength Advocacy Independent Life Skills (SAILS)

Supported Accommodation for Men (The Lodge)

Personal Support Programme (PSP)

Aiding in Secure, Safe, Independent and Stable Tenancies (ASSIST)

Men In Need Of Supported Accommodation (MINOSA House)

Sobering Up Shelter

Disability Open Employment Service

Supporting young people with mental illness Through Early intervention Prevention Strategies (STEPS)

Contact details: 02 6163 7600

### Family and Regional Services

Canberra Family Support Service

New Arrival Humanitarian Services

Family Violence Program

Natural Family Planning

Reconnect ACT

Reconnect Central West

NSW Desk

Queanbeyan Men's Shed

Early Intervention Services

Contact details: 02 6162 6100

### Counselling Services

Student & Family Counselling

Relationship Counselling

Adolescent Mediation & Family Therapy

Employee Assistance Program

Drought Counselling

Family Relationship Services for Carers

Primary Dispute Resolution

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*Centacare Helping People*

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# Podcasting - so that you can call the tune

I was talking to a friend recently and it seemed that he was a bit distracted by his iPod. I asked what kind of music he was listening to and the reply I received was "I'm not listening to music, I'm listening to a podcast."

The person sitting next to us asked what a podcast was. A podcast is a digital media file is made up of audio rather than visual information.

Podcasts are usually broadcast live or recorded for playback on computers or other media players such as iPods, mobile phones or MP3 players.

The word podcast is a blending of the two words iPod and broadcast. It is also known as Personal On Demand broadCasting.

The author or producer of a podcast is commonly referred to as podcaster. Before computers and iPods, cassette tapes were used to record interviews and other audio information.

With podcasting and the use of digital media, the same information can be broadcast digitally across the internet and the World Wide Web much more efficiently and cheaper as well.

Video podcasts can also be created and accessed over the internet. There are now thousands of websites that offer podcasts on an increasingly wider range of topics. Podcasts can contain material that is pre-recorded or live.

Pre-recorded podcasts are also known as on-demand podcasts as the audio information is stored on a computer server for download when required.

This audio information can be stored for months or years.

Live podcasts are streamed (broadcast continuously) directly from a website to your computer or media device, as they are happening, such as sporting events and interviews.

Everyday computer users can create podcasts. It is not very hard and you don't need specialised equipment to create them.

Creating your own podcasts requires access to a microphone and software to record your sound file.

## Living with the net



**Paul Jenkins**

All versions of Microsoft Windows have a very simple software program called Sound Recorder that can be found in the Accessories folder in the Programs menu. Just plug your microphone into the pink socket in the back or front of your computer and press record on sound recorder and speak into the microphone. Once finished you have created your own podcast to keep or distribute over the internet.

There are more specialised software programs for podcasting that can be used such as Audacity for Microsoft Windows (<http://audacity.sourceforge.net/>) which is also free or Garageband ([www.apple.com/ilife/](http://www.apple.com/ilife/)) for Apples (it is part of the iLife software package).

Podcasting is becoming more and more popular with computer users. It can be used to create audio diaries and journals; it can be used for recording notes to be typed (similar to dictaphones) and it can be used for a range of educational uses.

Podcasts are being used by schools and other educational institutions such as museums and galleries. Teachers and lecturers are beginning to record lessons and lectures in podcast format for students' use.

This is especially helpful if you or your child is absent and need to catch up on the information missed while you were away.

In schools, podcasts are being used as a method of recording debates, interviews, performances, oral presentations and book discussions.

These recordings can be accessed by students over the internet or at school.

This method of teaching can be especially useful for distance education where students live great distances from their school and receive their lessons by phone and internet hook-ups each day.

For more information about podcasting and creating podcasts, the article Beginner's Guide to Podcast Creation ([www.ilounge.com/index.php/articles/comments/beginners-guide-to-podcast-creation](http://www.ilounge.com/index.php/articles/comments/beginners-guide-to-podcast-creation)) is a useful webpage to read.

# What world needs most is comfort

A few years ago, at a church conference I was attending, the participants were divided into discussion groups. Each group was asked the question: "What is the most important thing that the church needs to be saying to the world today?"

There were a variety of answers, each stressing a different aspect of the gospels:

Conservatives tended to stress the importance of challenging the world towards sounder teaching and of pushing it to pay more attention to the issues of family, marriage, and private morality.

Liberals tended to put the stress on social justice and the issues of peace and poverty. Both agreed that the world needs to be challenged in the area of consumption and greed.

The issues of challenge that were named are valid and important, but I had a nagging thought that perhaps we, the churches, need to speak something else to the world before we speak these other challenges or certainly concomitant with them.

I also had the nagging impression that, albeit for different reasons, both the liberals and the conservatives were deriving a secret glee from the fact that the world wasn't working very well, that it was paying a heavy price in terms of sadness, despair, and dissipation for not listening to us, the churches.

What, beyond the challenges of truth and justice, should we be speaking to the world? Words of understanding, consolation, comfort. One the major tasks of the churches is to console the world, to comfort its people.

"Comfort, O comfort my people, says your God." I heard this echo from Isaiah from a wonderful old priest shortly after I was ordained.

Working for a summer in one of our Oblate parishes, I was living in the rectory with an elderly priest, a fine, saintly man. He had been ordained for more than 50 years and had, during all those years, been exemplary, honest, faithful and generous. He was deeply respected.

Now, in his late 70s, legally blind, and semi-retired, he celebrated Mass every day, heard occasional confessions, and spent most of the rest of his time praying. I was taken by his goodness.

One evening, sitting with him, I asked him: "Father, if you had your life as a priest to live over again, would you do anything different?" I was expecting him to say "no", given his obvious goodness and fidelity. His answer surprised me.

## Ron Rolheiser

Oblate Fr Ron Rolheiser, theologian, teacher, and award-winning author, is president of the Oblate School of Theology in San Antonio, Texas.  
[www.ronrolheiser.com](http://www.ronrolheiser.com)



"If I had my priesthood to live over again," he said, "I would be gentler with people the next time. I would console more and challenge more carefully."

"I was one of those people who was taught and who deeply believed that only the full truth can set us free, that we owe it to people to challenge them with the truth, in season and out."

"I believed that and did it for most of the years of my ministry. And I was a good

priest. I lived for others and never once betrayed in any real way my vows and my commitment. But now that I am older, I regret some of what I did. I regret that sometimes I was too hard on people."

"I meant it well, I was sincere, but I think that sometimes I ended up laying added burdens on people when they were already carrying enough pain."

"If I were just beginning as a priest, I would be gentler, I would spend my energies more trying to lift pain from people. People are in a lot of pain. They need us, first of all, to help them with that."

He's right. What the world needs first of all from us, the churches, is comfort, help in lifting and understanding its complexity, its wounds, its anxieties, its raging restlessness, its temptations, and its infidelities and its sin.

Like the prodigal son, the world needs first of all to be surprised by unconditional love. Sometime later, and there will be time for that, it will want hard challenge.

And our comfort must be offered not on the basis of what is best inside of human understanding.

The comfort we offer rather must be the product of what we ourselves feel when we come to know for ourselves the ineffable, all-empathic, all-embracing, all-forgiving heart of God.

We will comfort the world, and it will be comforted, when we show it that God sees its heart with the eyes of the heart, that God feels for it more than it feels for itself, that God never feels frightened by the assertions of human freedom, that God always opens another door when we close one.

That God is not put off by all the times when we are too weak to do what is best, that God understands our complexity, our weaknesses, our anger, our lusts, our jealousies, and our despair, that God never stops loving us even when we put ourselves in hell, and that God descends into all the hells we create, stands inside of our muddled, wounded, and guilty hearts and breathes out peace.

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# A look at life as it really is ... messy

Much of this comedy derives from Saturday Night Live. Its stars Amy Pohler and Tina Fey have made frequent appearances and have written for the show. Writer-director Mike McCullers (Austin Powers) has written for it and Lorne Michaels is a long-time producer. However, that said, it should be added that the satire is much lighter here - with a lot more feeling and sentiment.

Tina Fey portrays Kate, a rapidly upwardly-mobile VP of a prosperous health food company which is expanding its shops (and is presided over by an ex-hippie who is into the mantras, the jargon and the New Age processes but is now corporately rich - and is played by Steve Martin).

She has never had the urge to have children but, at 37, she is now seeing children everywhere. An indiscreet gynaecologist tells her that her uterus is the wrong shape and she only has one chance in a million in conceiving.

Adoption will take a very long time. She tries out sperm donors. And, finally, she goes to a chic surrogacy firm run with unctuous charm and ruthlessness by Sigourney Weaver, who has no trouble, at her age, of becoming pregnant naturally.

## Baby Mama

Starring Amy Pohler, Dax Shepherd, Holland Taylor and Greg Kinnear. Directed by Mike McCullers. 99 mins. PG (mild coarse language and sexual references). Reviewer: Fr Peter Malone MSC\*.

The prospective mother, Angie, is played by Amy Pohler, who has many funny roles to her credit, like *Blades of Glory*. She is what used to be called, and the superior Kate still has little trouble in calling her, white trash. Dax Shepherd is good as her common-law husband.

Everything about the pregnancy itself seems to be going well, but Angie is one of the most politically incorrect eater, drinker, smoker, dancer, karaoke singer, couch potato that the screenwriters could think up. It all becomes a female version of *The Odd Couple*.

Naturally, Kate does overcome her snobbishness, which she obviously gets from her bluntly self-absorbed mother, Holland Taylor, helps Angie tidy up and better herself. Angie assists in Kate letting down her hair; actually, she puts it up when she goes clubbing, dancing and drinking. She meets a former lawyer who now makes

smoothies, the ever-genial Greg Kinnear and... of course.

There are a couple of twists that you may or may not guess which complicate friendships but that doesn't really matter much to the enjoyment.

Some people get concerned about stories with moral issues and behaviour that they do not approve of, for example, surrogacy, sex outside of marriage (which we find here) and expect the stories to reflect ideal living rather than the messy emotional complications that people find themselves in.

As I watched *Baby Mama*, I realised that I would recommend this film for moralists and ethicists to discuss conception, surrogacy, life and pregnancy issues because, in its humorous and rather sympathetic way, it raises the themes in the context in which the problems are lived rather than theorised about.

And, with the positive attitudes towards babies, the film is extremely, though not in the political sense, pro-life.

\* Fr Peter Malone MSC directs the film desk of SIGNIS: the World Association of Catholic Communicators, and is an associate of the Australian Catholic Office for Film & Broadcasting.



Single businesswoman Kate Holbrook (Tina Fey) attends Lamaze with her surrogate, working girl Angie Ostrowski (Amy Poehler). Picture: K C Bailey. Universal Studios.



## The Square

Starring Claire van der Boom, Joel Edgerton, Kieran Darcy-Smith, Brendan Donoghue, and Anthony Hayes. Directed by Nash Edgerton. 105 mins. MA15+ (strong violence, coarse language). Reviewer: Peter W Sheehan\*.

## Brothers with penchant for dark thrills and violence

Premiered at the 55th Sydney International Film Festival, and well received there, this dramatic thriller is an Australian production that combines the talents of the Edgerton Brothers, Nash and Joel.

The film is a classy home-grown thriller that creates tension and manages to sustain it throughout. Nash Edgerton directs the film and Joel co-writes and plays Billy, one of its leading characters.

Billy is a professional arsonist, who is hired by Ray (David Roberts) to set fire to the loot-filled house of Carla's husband, Smithy (Anthony Hayes), after Carla (Claire van de Boom) has previously removed the money.

Their burning-down of the house is an act to explain the missing money and distract Smithy from the affair between his wife, Carla and Ray, whose loveless marriage has gone wrong.

The burning should have been aborted, but Billy fails to get Ray's message in time. As a result, Smithy's elderly mother dies in the fire. Ray and Claire try to fend off Billy, but they are blackmailed which makes the going very difficult for them both, and the events that follow include interactions with a devious concrete-truck operator Barney (Kieran Darcy-Smith) and his electrician associate Leonard (Brendan Donoghue) who feature vividly.

What can go wrong does for nearly all those in the film. Carla wants to escape from her petty criminal husband, Smithy, and she goes to criminal lengths to keep her passion for Ray alive. For Ray, the affair with Carla spins him out of control in ways he can't handle, and he ultimately descends into total moral confusion and disarray.

The film is heavy on stunts, which is not surprising given the director's background and his cinematographer's (Brad Shield) experience in filming them. There are some fine acting performances, especially from Anthony Hayes (as Smithy). The violence is strong, and the film moves into an escalation of it.

The film is advertised as an Edgerton Bros production, which invites inevitable comparison with the movies made by the Coen Bros. Both teams of brothers do aim for dark thrillers, a distinctive style, and much violence.

\* Peter W Sheehan, Associate of the Australian Catholic Office for Film and Broadcasting.

## Soldier's dilemma: patriotism or family?

Stop-Loss is one of those unusual terms associated with American war activity that does not immediately mean anything to the casual observer.

Like rendition, it has to be explained. It actually refers to the decision concerning someone who has completed active service (today in Iraq or Afghanistan) and is to be discharged but is commanded to return to action for another tour by the military powers that be.

Once again, as with the 2007 films about the war in Iraq or Afghanistan, In the Valley of Elah, Rendition, Redacted, Lions for Lambs, this film seems to have been avoided by the American public. A pity, because these films are contributing to a consciousness about the wars as they are being fought.

The film opens with a group of enlisted men who have bonded during their time in Iraq doing their road-block duty when they are asked to follow a speeding car - which eventually leads them into an ambush.

As with so many stories out of Iraq, the closeness of the action, the uncertainties, the sudden producing of guns leads to deaths of soldiers and to the deaths of innocent civilians and family members in houses. This first part of the film is quite a vivid re-creation of action and conditions.

In many ways, the film is reminiscent in its plot and situations of Oliver Stone's Vietnam film, *Born on the 4th July* (1989). A young man is committed to his country, well motivated by patriotism, experiences harsher action than he imagined and returns home, more questioning than when he left.

The central character here, Sgt Brandon King (Ryan Phillippe), a good leader but one who blames himself for what went wrong, is not physically wounded though his friends are quite psychologically wounded; one eventually killing himself, another drinking and brutal towards his fiancée, another maimed and blinded. Their small

## Stop-Loss.

Starring Ryan Phillippe and Abby Cornish. Directed by Kimberly Peirce. 113 mins. MA 15+ (war violence and themes, coarse language). Reviewer: Fr Peter Malone MSC\*.

Texas town welcomes the heroes back but does not quite know how to deal with them.

As King goes to do the paperwork for his discharge, he finds that he is "stop-losses". He can either go back to active service as ordered or he can leave the US for Canada or Mexico.

With the help of his friend's fiancée (Abby Cornish), he begins the process of leaving the country. However, he visits the wounded man in hospital as well as the parents of a dead comrade. His friend finds him



Action from *Stop-Loss*. Picture: Francois Duhamel. Paramount Pictures.

and he has to face what he really wants with his life: risking dangers again in Iraq or a permanent exile.

Some commentators saw the film as a piece of US patriotism. While the film respects patriotism, the key issue in obeying or disobeying the stop-loss command is far less patriotism than personal issues like family, friendship and a future at home.

\* Fr Peter Malone MSC directs the film desk of SIGNIS: the World Association of Catholic Communicators, and is an associate of the Australian Catholic Office for Film & Broadcasting.

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# Young men challenged

Young Men Rise Up by Fr Ken Barker MGL. Connor Court Publishing, 2008, 169pp, rrp \$22.95. Reviewer: Janet Moyle.

There's no doubt about Fr Ken Barker. He keeps churning out his books with characteristic passion, determination and evangelism.

With his other roles, he is well known as the moderator of the Missionaries of God's Love and chaplain to the Young Men of God Movement.

Fr Barker remains on song in his latest book. His focus audience is young men.

He believes that they are waiting to be challenged to "step up to the mark" and to grow in virtue.

To illustrate, he selects moral keystones which he fleshes out with personal testimonies and mini-biographies of male saints.

Using cardinal virtues such as prudence, forti-



tude and temperance, he tackles contemporary challenges of addiction to internet pornography and age-old ones of drunkenness and pre-marital sex.

The remedies are spelled out with the full weight of Scripture and the Catechism to back them up.

It is clear that this book draws heavily on the seminars with the Young Men of God Movement and flows from that experience.

Interestingly, I found at no point are parents, grandparents,

siblings, cousins and adult relatives acknowledged as positive formative influences for young men. Surely the family is the first and primary educator?

In the testimonies, I missed the light-hearted joy which is the fruit of the Spirit. I also missed the voices of young women, who may well engage the attention and respect of young men.

# Nouwen shows the way home

Show Me the Way by Henri J M Nouwen. London: Darton, Longman, and Todd, 1992. pb 134pp, rrp \$29.95. Reviewer: Margaret Ryan.

Some people pay megabucks to be transported into the stratosphere for a short time, but they eventually return to earth. There's something of this for me in Nouwen's book. It's called "Show Me the Way" but might equally well be called "Show Me the Way to Go Home".

When Nouwen reflects, there is a sense of deep communion with God and also with the struggles to be fully human, an invitation to be alert to our deeply earthed selves, selves that can nevertheless be transported to intimacy with our tender God who is both close and beyond.

Nouwen has a gift for both appreciating "ordinary life" and for drawing us towards investing it

with a depth, truth, vision and an invitation to commitment and perseverance that are hallmarks of the baptismal life, the exciting and adventurous life we are all called to live when we're close to the Beloved.

"Show Me the Way" is a selection of Nouwen's writings in short chapters, one for each day of Lent. Each section also contains an excerpt from the gospels, New Testament letters or Old Testament prophets, as well as a psalm. The trick is to take Nouwen's advice, and then proceed to silence.

A "source" section at the end gives details of the origin of the extract, pointing the way for further reflection. The book has been through at least five reprints. Why not beat the rush and buy your copy now, before they disappear again? You could even treat yourself to a mid-year 40-day retreat.

# Two women's honest sharing

Addicted To Love by Clare Catford. London: Darton, Longman and Todd Ltd, 2008, 138 pages, rrp \$27.95. Together But Alone by Donna Erikson Couch. Ohio: St. Anthony Messenger Press, 2008, 117 pages, rrp \$18.95. Reviewer: Janet Moyle.

These two small books, both by women who write from the depths of their experience, are quite inspiring.

The first has the rather confused title Addicted To Love. Written by Clare Catford, a British radio and TV journalist, it concerns what she describes as her addiction to serial relationships. This longing for love and affirmation she traces back to childhood trauma where she saw herself as abandoned for a

long period in hospital.

Catford details at length her years of eating disorders and undiagnosed clinical depression while she was maintaining an energetic and upbeat public image. When she reached rock-bottom she discovered the Twelve Steps program and began the slow road to recovery.

She herself says that this book is not a simple "I beat my eating disorder, my love addiction and my depression and the Lord healed me". She knows she is a work in progress and she is grateful for the assistance she is receiving to deal with her pain. She is one tough lady.

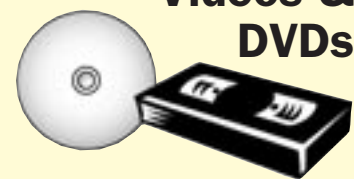
Together But Alone also involves an open, honest sharing of herself by writer Donna Erikson Couch, a spiritual director, college professor and writer. In this book she addresses the very real issue of what she terms moral loneliness in marriage. She poses the question, "What do you do when God means something different to your spouse?"

Using her own marriage of nearly 40 years as an example, she offers guidance for those who want to deepen their relationship with God while maintaining peace in their marriages and their homes.

Couch gives practical suggestions on how to compromise on expressions of faith, resolve conflicts and talk about the issues that separate spouses and affect the upbringing of their children. Each chapter has journal reflections and prayer starters for individual or group use.

There is great wisdom in this little book. I was struck by two points. The first one is that on any given weekend there are "singles" in our churches, often with children, who suffer silently due to a lack of awareness and sensitivity on our part.

The second is that we don't have to bounce from person to person or experience to experience to make God more fully present. Couch says, "We simply have to learn how to attune ourselves to the divine music constantly mediated through all relationships." Married or not that's true for all of us.



Videos & DVDs

## Plenty to offer post WYD

### Post-World Youth Day Resources

As a follow-up to the spiritual inspiration of World Youth Day, the CEO library has many resources suitable for youth ministry, retreats, spirituality, theology and personal development. Check the online catalogue or contact library staff with your requests.

**Reconnect - Parish Starter Kit. (1 sound CD, 2 program leader's manuals, 6 participant's journals, ages 16-adult).**

Reconnect is a program designed to welcome inactive Catholics back to the Church. It has been commissioned by the Australian Catholic Bishops Conference and written by the National Office for Evangelisation. The program is intended to be a parish-based, small-group program that provides a supportive environment into which Catholics who are not active in the life of the Church may be invited to share their stories of faith, and consider returning to regular worship. Reconnect may be conducted over six two-hour sessions and is designed to be facilitated by parishioners in collaboration with the parish priest.

**Rewired - Youth Starter Kit. [DVD & leader's manual, 90 mins, ages 13 - 25].**

Rewired is a Catholic program for evangelising young people, written by the National Office for Evangelisation. It is a small group program for young people that explains what it means to be Catholic. The program provides an environment for young people to

reflect, share and grow in their faith. The 'Rewired' program includes a youth leader's manual and a copy of the DVD Amazing Gift, featuring Fr Stan Fortuna, who appeared at World Youth Day. Fr Fortuna, a Franciscan Friar from New York, speaks about the elements of the Eucharist and explains the parts of the Mass in an engaging and inspirational way.

**Deeper: Why Jesus? [DVD, 40 mins, years 9 - adult].**

This program explains why Jesus came, and how we can experience the effect of Him in our lives, especially through the Sacrament of Reconciliation. This fast moving presentation features input from Fr. Stan Fortuna.

**Plugged in: Youth Café (3 DVDs, 1 music CD, 1 leader's guide, 1 poster, 6 post cards, 3 leaflets, yrs. 7-12).**

Youth Café is a series of six programs designed to inspire teenage Catholics. Each of the programs contains several elements including: a personal witness, questions and thoughts, scripture dramatisation, songs and challenge from Fr Stan Fortuna.

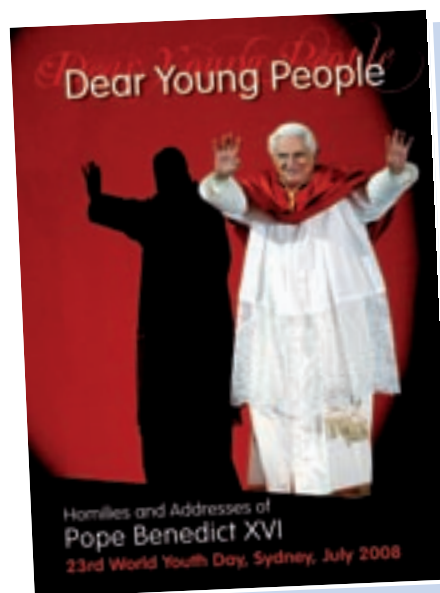
**EWTN - TV Recordings**

The library recorded EWTN Catholic TV broadcasts of World Youth Day events. They are available for loan on DVD.

The Catholic Education Office Library is in the Rheinberger Centre, Yarralumla, at St Peter Chanel's Church. Telephone: 6163 4350, e-mail

library@ceo.cg.catholic.edu.au

- Dennis Granlund, Librarian.



### Dear Young People

Homilies and Addresses of Pope Benedict XVI during his Apostolic Journey to Sydney for World Youth Day 2008.

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2 toilets and floor coverings and blinds throughout. No more to do just simply move in. Phone 0413 624 847 or 4471 8401.

### To Let - Coastal

BROULEE - 2 bedroom beach cottage, fully equipped. Expansive coastal and sea views and short stroll to beaches. See "Beach Cottage" in www.broulee-beachhouse.com or telephone 0417 193 736

BROULEE - Spectacular views near beach, 6-bedroom 3-bathroom house newly renovated. Telephone 6257 1222 www.brouleebeachhouse.com

MOLLYMOOK - Birchgrove Apartments. 200m to beach, water view, lovely quiet location opposite reserve. Fully self contained 2 BR, lock up garage and plenty of extra parking and easy walk to Golf Club and Ulladulla shops. Please phone Craig or Kathy 0428 318 156 or 6230 3034.

PAMBULA BEACH - Ocean Reach. Two stunning, beach front 3 bdr, 3 storey, family owned units, directly overlooking Pambula Surf Beach. Family friendly, luxury accommodation with direct beach access, roof top BBQ and ocean views from every room! Close to shops, swimming pool, river mouth, skate park, Merimbula airport, golf courses and Lumen Christi Catholic College. Sensat-

ional school holiday rates for families or perfect for that weekend retreat or golfing getaway. E-mail Sophie at oceanreach.pambula@bigpond.com or telephone 6458 7221.

TOMAKIN - Spacious 4 bedroom, 2 bathroom, games room, sleeps 8-10, close to shop, beach and boat ramp, VCR, DVD, m'wave, d'washer, BBQ, great for 2 families. Book with owner and save. Telephone 6231 2026.

TUROSS HEAD - "Ella May Holiday Flats". Renovated 2br, walk to beach. Fully equipped. Avail all year \$350-\$800 per week, weekends available. Telephone 0414 597 619 or 6161 7793.

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### Prayers

PRAYER to the Blessed Virgin. O Most beautiful flower of Mount Carmel, fruitful vine, splendour of Heaven, Blessed Mother of the Son of God, Immaculate Virgin, assist me in my necessity. O Star of the Sea, help me and show me herein you are my mother. O Holy Mary, Mother of God, Queen of Heaven and Earth, I humbly beseech you from the bottom of my heart to help me in my necessity (make your request). There are none that can withstand your power. O Mary conceived without sin, pray for us who have recourse to you (3 times). Holy Mary I place this cause in your hands (3 times). Say this prayer for 3 days. E M B.

### Country art on show

Gunning Parish's annual art show is on again this month. The show will open at 7pm on Friday, 12 September, at the old Catholic school in Gunning with drinks and supper. It will continue on Saturday and Sunday from 10am-4pm. Country cooked refreshments will be available. Information: Maureen, telephone 4845 1308.

### Christ's love in Cursillo

Through a Cursillo weekend, participants can rekindle the joy and love of Jesus that was so evident at World Youth Day and experience Christian living. The three day weekend is being offered separately this month for men and women at St Clement's Retreat Centre, Galong. The cursillos will run from 11 to 14 September. For information on the women's Cursillo, contact Sue Orchison, telephone 6231 8197 or sue.orchison@gmail.com. For the men's Cursillo, contact Chris Carlile, telephone 6294 3139 or chris.carlile@pmc.gov.au

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# Coming Events



**AMICUS** - Support & friendship/ social group for widowed, separated or divorced Catholics regular activities on second and fourth weekends. New members welcome. Inquiries: Len, telephone 6299 6606; Pat 6292 1631, Brian 6291 7402.

**CANBERRA CHORAL SOCIETY** - Songs of America Concert, 2pm, 14 September, Canberra Girls' Grammar School Hall. Tickets: Canberra Ticketing. Admission \$30 seniors \$25 concession \$20.

**CATHOLICS RETURNING HOME** - St. John the Apostle Parish, Kippax. Six session program to assist Catholics who have lost touch with a worshipping community and are seeking to renew their faith. Begins 16 October. Inquiries: Parish Office, telephone 6254 3236.

**CWL SPRING LUNCHEON** - St Christopher's (Canberra) branch, Southern Cross Yacht Club, noon, Tuesday, 21 October. \$25 pp. Acceptances by Friday, 15 October. Jacqueline, telephone 6295 0084, e-mail jahipwel@bigpond.net.au or Vonnie, telephone 6281 1585.

**CHARISMATIC SPRING SEMINAR** - "Easy Steps to Holiness" presented by Good Shepherd Charismatic Prayer Group with guest speaker. Surrender to healing love of Jesus with praise and worship, talks, testimonies, adoration and reconciliation and prayer ministry. 9am-3pm, Saturday, 13 September, St Augustine's Church, corner Drevermann and Beasley streets, Farrer. Bring lunch. Morning and afternoon tea provided.

**COOTAMUNDRA SCHOOLS REUNION** - All ex-students of Cootamundra Catholic schools, reunion long weekend, 4-6 October. Forward names and addresses to be included on mailing list to Margaret Large, 51 Temora Street, Cootamundra, telephone 6942 1851 or 6943 2274.

**COURAGE CANBERRA** - Group for those experiencing same-sex attraction and desiring to live sacramental life of the Church. Confidentiality assured. Inquiries: Telephone 6254 9540, e-mail couragecanberra@hotmail.com **CURSILLO** - Ultreyas: Southside Corpus Christi Parish Centre, Gowrie, 8pm, Tuesday, 23 September. Northside Marian Hall, St Matthew's Church, Page, 8pm, Thursday, 25 September. Cursillo men's and women's weekends 11-14 September. Inquiries: Chris Carlile, telephone 6294 3139(h) 0414 938 831 (mob) e-mail chris.carlile@pmc.gov.au or Sue Orchison, telephone 6231 8197(h) 0421 028 331(mob) e-mail sue.orchison@gmail.com

**EX-STUDENTS REUNION** - Riverina branch of ex-students of Sisters of St Joseph, North Goulburn. Begins with Mass 11am, Saturday, 18 October, Sacred Heart Church, Koorlingal. Lunch at Rules Club, Fernleigh Road, 12.30pm. 50 years reunion for 1958 leaving class and 1956 intermediate class, Margaret McAuliffe (Collins), telephone 6925 2363. 50 years reunion for 1958 intermediate class, Marjory Kelly (Wood), telephone 6926 2918.

**50-YEAR REUNION OLMC PARRAMATTA** - Sunday, 21 September. Leaving Certificate 1958, intermediate 1956 and old girls from associated years. Inquiries: Diane Rosewell (Hanrahan), telephone 9416 6138, Maree McKelvey (Baxter) 0408 611 674.

**FIRST SATURDAY DEVOTIONS** - Holy Family Church, Gowrie. Devotions begin with Mass at noon, followed by Cenacle, Confession and Benediction. Afternoon tea in parish centre. Inquiries: Fr Emil Milat, telephone 6291 6688.

**FORMER TEST CRICKETER'S TESTIMONY** - Ex-South African test cricketer Peter Pollock shares his testimony, 7pm, Wednesday, 1 October, Manuka Oval. Well known author, journalist, columnist, business executive, sports administrator and evangelist. Hosted by Full Gospel Business Men's Fellowship. Bookings: David Wauchope, telephone 0400 484 212.

**GOULBURN OLMC EX-STUDENTS REUNION** - Four-yearly reunion, Sunday, 21 September. Mass 10am, St Peter & Paul's Old Cathedral followed by benediction. Lunch at Goulburn Workers Club 12.30pm. Guest speaker Sr Francis Fitzpatrick who will discuss plans for September 2009 celebration to mark 150th anniversary of the arrival of the Mercy Sisters at Goulburn. Lunch \$35, acceptances with cheque or money order to: Goulburn OLMC Ex-

Students, PO Box 742, Goulburn, NSW 2580 by 12 September. Inquiries: Rose Liardet, telephone 4821 8692, or Sue Burgess 4821 5219.

**GUNNING PARISH ART SHOW** - Opening with drinks and supper, 7pm, Friday, 12 September, old Catholic School, Gunning. Open Saturday and Sunday, 13 and 14 September, 10am-4pm. Country cooked refreshments available. Inquiries: Maureen, telephone 4845 1308.

**HEALING NIGHT** - With Dr John Bonnici-Mallia, medical practitioner with ministry in areas of spiritual, physical, emotional and psychological healing. Friday, 17 October, 5.30pm Healing Mass, 6.15pm talk and healing ministry, St Benedict's Church, Narrabundah. Inquiries: Telephone 6295 7879.

**HISTORIC CHURCH VISIT** - ACT branch of the Royal School of Church Music visit to historic Uniting Church at Murrumburrah-Harden, 11am, Saturday, 13 September. Local identity will comment on the historic church and area, followed by short recital on 1917 pipe organ. Then hands-on session for anyone wishing to play. Inquiries: Geoff Wells, telephone 66297 3222, e-mail: geodace@yahoo.com.au

**MEDITATION ON JESUS** - In style of Fr Gilbert Carlo, meets Thursdays 7.30pm, St Thomas the Apostle, Kambah. Inquiries: Trish Jarzynski, telephone 6231 8468.

**MERCY CELEBRATION** - 150 years celebration of arrival in Goulburn of Sisters of Mercy. Weekend 24, 25 October, 2009. Inquiries: Telephone 4821 3304.

**PILGRIMAGE TO SHRINE OF OUR LADY OF MERCY** - Pauline Fathers Monastery, Penrose Park near Berrima, Saturday, 13 September, for Fatima Day. Bookings from Canberra, Queanbeyan and Goulburn, telephone Judy and Joe Mewburn 6254 6202

**PRAYER IN THE CRYPT** - Lectio Divina, a contemplative praying of Scriptures, 2.30pm-3.30pm each Thursday, in crypt of St Christopher's Cathedral. Inquiries: Parish Office, telephone 6295 9555 or e-mail stchris@velocitynet.com.au

**RAPHAELS** - Singles social group for Catholics and Christian-minded people, aged 24-40. Meet people for social activities, including dinner, movie, social sport, coffee and Mass every two months. Inquiries: Telephone 0401 918 717, www.catholicssocialgroup.com, e-mail raphsgroup@yahoo.com.au

**RETREAT** - 17-19 October, St Clement's Retreat Centre, Galong. Theme "Deep intimacy with the Holy Trinity" conducted by Fr Peter Ryan CSSR. Inquiries: Jacqueline Donohue, telephone 62513950.

**SERRA CLUB OF CANBERRA** - 6.15pm, Thursday, 2 October. Rosary and Mass at Holy Trinity Church, Curtin.

**SPIRITUALITY FOR ALL SEASONS** - 7.30pm, 17 September, Sr Pauline Coll SGS on "Trafficking in Persons: a Global Problem", at the Rheinberger Centre, Yarralumla. Cost: \$5. Session is part of the "Spirituality for All Seasons" series. Presentation will be taped and may be posted for \$8 per CD. Inquiries: Margaret Ryan, telephone 6163 4302 or margaret.ryan@catholiclife.org.au

**TEAMS OCEANIA CONFERENCE**: "Trusting in the Future." Focus on marriage and families in 21st century. 4-5 October, Marist College Canberra. Inquiries: Faye and Kevin Noonan, telephone 62313200, website www.tol-oceania.catholic.org.au

**VINNIES CHARITY BALL** - A Night of Magic, 6.30pm, Saturday, 13 September, Rydges Lakeside, Canberra. \$95 per person or \$900 for a table of 10. Three-course meal and drinks. TV presenter Jessica Good MC, plus Majura the Magician and dancing with The Remnants. Bookings: www.vinniesball.com.au or telephone 6282 2722.

**WORLDWIDE MARRIAGE ENCOUNTER WEEKEND** - Weekend for married couples, 31 October to 2 November, Mt Schoenstatt, Mulgoa (near Penrith). Bookings: Telephone 9489 4523 or 4283 3435, website www.wmwe.org.au

Written entries are invited for the October issue to: Catholic Voice, GPO Box 3089, Canberra ACT 2601, or e-mail ed.voice@cg.catholic.org.au by Monday, 15 September. Entries which are accepted for this section are free, courtesy of sponsorship by the Catholic Development Fund.

## Sisters share life of Julian and Mary



Goulburn Josephite Sr Mary Murphy (above) spends many hours in her car driving to centres in the Archdiocese and neighbouring Wagga Wagga Diocese. Her mission is to meet Josephite Associates and friends who gather for friendship, prayer, formation and to deepen their understanding of the life and spirituality of Fr Julian Tenison Woods and Blessed Mary MacKillop.

Sr Mary has met with men and women in Galong, Goulburn, Bribbaree, Quandialla, Leeton, Yanco, Wagga, Tumbarumba, Cootamundra, Albury, Culcairn, West Wyalong, Ungarie, Boorowa, Griffith, Hanwood, Yoogali, Coolamon and as far afield as Orange. She will visit 13 more centres before the end of the year.

Associates co-ordinators Sr Mary Murphy and Sr Colleen Howe enjoy sharing the spirit of Julian and Mary with them. Weekend retreats at St Clement's, Galong, and St Joseph's Convent, Goulburn, have been memorable occasions for associates this year.

The Sisters of St Joseph invite men and women who are attracted to the person and spirit of Julian and Mary to become an associate and to explore ways of living out the call to proclaim and witness to God's love and presence in the world. They are also looking at ways for younger members - Junior Joeys - to become associates.

For more information contact Sr Mary, telephone 0429 186 564 or Sr Colleen 0439 483 426, or visit www.ssjgoulburn.org.au

## Milestone for MGL

Br Joseph Neonbasu (right), from Indonesia's West Timor has taken his perpetual vows in the Missionaries of God's Love, making him the first to join the order from Indonesia, and the first religious brother from overseas to reach final vows. St Benedict's Church, Narrabundah, was packed with parishioners, friends and members of the MGL. Br Joseph, a former member of the Divine Word Missionaries, came to Canberra to join the MGL in 2003. His English was limited to "yes" and "no" and if he did not understand, he only smiled. He now speaks English relatively fluently. He hopes to be ordained deacon in December, and ordination to the priesthood should take place next year.



## Farewell Fr Joe

Staff and students of St Patrick's Parish School in Cooma have farewelled their parish priest Fr Joseph Tran. With tributes, prayers and a pictorial review, the school community recalled the special contribution he made to the school. Principal Mrs Carolyn Jones said he would be missed. "During the liturgy he was visibly touched," she said. Kindergarten students came forward to present Fr Tran with a gift of two photos of the history of the Monaro windows in the church. Fr Joseph has moved to Bungendore and has been succeeded by Fr Paul Huthnance.



Having recently witnessed the grandeur of the Olympics and the incredible achievements of the world's elite sports people, it is important to remember that this is not the reality of the majority. Many see success simply in daily survival and second chance opportunities through orphanages and boarding houses offering safety, security, life's basics and education.

Such opportunities are being offered through 53 projects supported by Catholic Mission in Myanmar/Burma thanks to the generosity of our supporters. Through Children's Mission Partners, Children First and our Children's Mission Appeal, religious and local faith communities have been able to foster hope. Sisters in such countries tell us that "Life would be very different without your help" and "Your contribution is very much appreciated, because everything is expensive and we find it very difficult." Their work and the needs of their fellow citizens are ongoing with new challenges always around the corner.

Join us in helping to further work in places that struggle in bringing the hope of Christ and opportunity in their communities and especially among their young. Contact us about supporting Children's Mission or becoming a Children's Mission Partner.

God Bless  
**Deacon Joe Blackwell**

The Rheinberger Centre,  
P O Box 7174,  
Yarralumla 2600.  
e-mail:  
asst.missions@cg.catholic.org.au  
Telephone 6163 4321

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**Ph: 6201 9870 Email: cdf@cg.catholic.org.au**



# Eddies cycle champ tops world again

By Naomi Fallon  
For the second year in a row, St Edmund's College vice captain, 18-year-old Tom Palmer became a cycling world champion at the 2008 World Junior Championships in Cape Town, South Africa.

Tom was captain of the Australian team which won gold in the team pursuit.

Tom also claimed gold in the men's madison as well as a silver medal in the men's 1km.

## Black belt for Liam

Liam Mullan from year 6 gold at St Gregory's Primary School in Queanbeyan has been awarded a Cho Dan Bo (junior black belt) in Tae Kwon Do.

Liam has been doing Tae Kwon Do since the end of year 2 and at 12 years old he is one of the youngest black belts in Walsh Tae Kwon Do in Australia.

## Peter and Paul's win at rugby

Ss Peter and Paul's Primary School in Goulburn took out the Peter Lucas Cup at the Brumbies Rugby Union Gala Day.

Ss Peter and Paul's defeated Goulburn's St Joseph's Primary School 19 nil in a grand final match acting principal Susan Bromfield said was played with

"strength and precision".

"What started out as a glorious winter's day ended up being very cold and dark," she said.

"But it did not dampen the enthusiasm with which the boys played the game."

## Marist take out Swans Cup

In the curtain raiser to the Sydney vs Geelong game at ANZ stadium, Marist College defeated Eden Marine High school to be crowned the 2008 Swans Cup Open Champions.

Marist College coach Mr Mark Winchester team effort resulted in a convincing win of 101 - 34.

"All of the boys contributed, they all had a role to play," he said.

Mr Winchester identified year 11 students Sam Smith, Riley McMahon, Luke Cusack and year 12 students Kai Palmer and Corey Ryan as the best players on the field.

"Generally our side is smaller and shorter than the opposition, but the guys just tackle their hearts out.

"They're a really brave bunch of boys who just play for each other."

To qualify for the final of the NSW and ACT school-based competition, Marist defeated Leeton's St Francis College 72 - 45 at Manuka Oval.



"A lot of people told me it was the highest standard football game they had ever seen played," Mr Winchester said.

## Holy Spirit host netball

Holy Spirit Primary School in Nicholls is hosting this year's Archdiocese of Canberra & Goulburn Catholic Primary Schools' Netball Carnival on Sunday, 26 October.

Carnival coordinator Ms Liz Duffy encouraged parents to come along to support their children at the Canberra netball association courts in Lyneham.

"There will be plaster painting, show bags, fairy floss, great coffee and more," she said.

"We're trying to encourage the kids to be active and socialise with other kids from around the Archdiocese.

"The emphasis is to have

ABOVE: Marist in royal and sky blue tussle in the Swans Cup final.

LEFT: Ss Peter and Paul's winning team (back row) Kayne Davis, Blake Shorrock, Josh Chilko, Harry Falk, Louis Williamson, Wade Rowcliff, Christopher Rajapakshe. (Front row) Jaiden Topham, Paddy Preston, Matt Cudaj, Jordan Rowlands, Charley Burgun. Front: Jackson Weeks, Matthew Wicks.

fun, play netball and keep fit."

For further information contact the school, telephone 6241 8640 or go to the website [www.holyspirit.cg.catholic.edu.au](http://www.holyspirit.cg.catholic.edu.au)

● If you would like to see your school sport news published in Catholic Voice, contact Naomi Fallon, telephone 6201 9872 or e-mail [cathcomm@cg.catholic.org.au](mailto:cathcomm@cg.catholic.org.au)

# Gymnast sisters aim for a London twosome

While most people are getting over the Beijing Olympics, Sophie and Yasmin Budack are already planning for the 2012 Games in London, where they hope to be the first sisters to compete in gymnastics.

Sophie, 14, had her sights set on a future in gymnastics since she became involved in the sport at the age of seven.

"When I was having trouble at school in year two, our teacher said that gymnastics helps get the mind working so I went along," she said.

"And I've been doing it ever since."

With a long list of achievements behind her name, Sophie most recently competed in the Australian championships at level 10 international and placed fifth on the floor after two days of competition.

After she was chosen to train full time at the AIS about two years ago, Sophie's family made the move from Darwin to Canberra.

"The AIS selected me because I was tough, positive and I really



Sophie and Yasmin Budack

worked hard. I'm very determined."

At the end of 2007 Sophie secured an AIS scholarship and her 12 year old sister Yasmin has since

joined her at the institute.

"On a typical day we get up early at 5:30 and we get ready for training, which we start at 7," said Yasmin.

The sisters attend classes at St Francis Xavier College from 11am until 3pm and return to the AIS for training again from 3:30pm until 6:30pm.

Despite the long hours and hard work, Yasmin and Sophie still enjoy gymnastics.

"We love it," said Sophie. "We want to go to the Olympics in 2012 and be the first sisters to compete in gymnastics."

"And training is actually really fun for us because we get to socialise with other girls from the AIS," Yasmin said.

School also remains important to both girls, who skip PE lessons to catch up on any study they might have missed because of training.

"We still think school is really important because to stay at the AIS you still have to have really good grades," Sophie said.