

# Catholic Outreach

## CHRISTMAS NEWSLETTER

# 2012



Our Lady of the Southern Cross,  
Help of Christians. Paul Newton

As I reflect during Advent on the past year and look forward to celebrating the coming of Christ at Christmas I know many people in need in our community have experienced His love through the efforts of Co-Ordinators and Volunteers who have reached out through their parish care programs in so many ways. On behalf of all of the people you have helped ... Thank You!

We have had the pleasure to work with many parishes this year and are delighted to welcome Co-Ordinators and Volunteers from Theresa Care (Nedlands), Holy Family Care (Kalamunda) and Thomas More Care (Margaret River) programs which commenced operations during the year.

In May we enjoyed the hospitality of Fr Kazimierz Stuglik and the Co-Ordinators from Xavier Care (Armadale/Serpentine) who hosted the Co-Ordinators Regional Morning Tea with guest speakers from Armadale/Kelmscott Mobile Meals Inc and Diabetes WA. Thank you to Fr Kaz and the team.

The Mental Health Co-Ordinators Training Day facilitated in June by Lucy van Kessel PBVM, Ruah Community Services, was very informative and well attended (further information available in our July 2012 newsletter). Details about our November Co-Ordinators Gathering can be found later in this newsletter.

Finally I would like to share with you the following short extract from a reflection by Fr Vincent Glynn contained in the latest Year of Grace e-bulletin (issue 3 - Dec 2012)

“When we contemplate the face of Christ this Advent and Christmas the face of Christ reveals who God is to us. The Son shows us the Father. The humanity of Jesus reminds us that to be human, with all our strengths and weaknesses, is for God something sacred. The divinity of Jesus reminds us that God is not some distant eternal being but a God who is close to us and who wants to be close to us.

As we contemplate the face of Christ this Christmas may that face lead us to experience and know our loving and humble God.”

*Peter Mc Minn*

### In Giving We Receive

...the one who sows sparingly will  
also reap sparingly, and the one  
who sows bountifully will also  
reap bountifully.

*2 Corinthians 9:6*

God of Love,

There are times when I need to  
take care of myself  
and times when I need to serve  
others generously.

Help me to choose wisely how I  
use my time and energy  
and to serve, always,  
with a gracious and loving heart.

*“Inviting God In” by Joyce Rupp*

“The ultimate expression  
of generosity is not in giving of  
what you have, but in giving of  
who you are.”

*Johnnetta B. Cole*



# Co-Ordinators Gathering

During this Year of Grace we were pleased to host in November a Gathering for Co-Ordinators which commenced with Mass in the St Therese Chapel celebrated by Fr Karol Kulczycki. In between workshops it was great to catch up with Co-Ordinators who took the opportunity to network over morning tea and lunch.

## Encountering Jesus in the Gospels

Following Mass and morning tea we were delighted to have Dr Michelle Jones lead us in an encounter with the face of Christ in the Gospels.

The first activity commenced with the viewing of a short video from 'Britain's Got Talent 2012 Audition'. Small groups were then given the task to describe, from a specific perspective to a specific audience, what they had seen. This humorous and fun activity gave us an appreciation of the Gospel writers different perspectives and was a great introduction to Michelle's examination of the different faith portraits of Jesus presented in the Gospels.

The next session saw participants actively engaged in a lively 'pass-the-parcel' activity, complete with eagerly sort after chocolates, which explained the steps involved in lectio divina (divine reading) which is a traditional practice of scriptural reading, meditation and prayer intended to promote communion with God and to increase knowledge of God's Word.

Finally, we had the opportunity to practice lectio divina, accompanied with appropriate background music from Chopin, before concluding for a well earned lunch.

## A DVD Production

After lunch Co-Ordinators were introduced to Fayann D'Souza, Faith Centre Media Producer + Social Media Coordinator, who is assisting us with the production of a DVD which can be used in parishes for the promotion of Pastoral Care Programs.

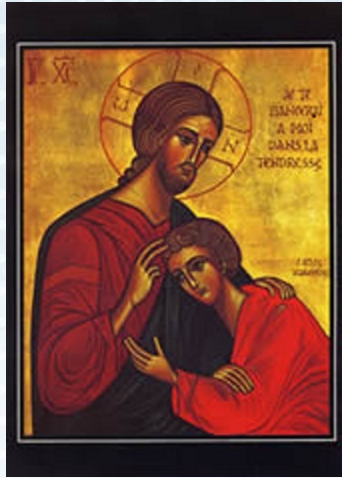
Following the viewing of a promotional DVD for the Leeuwin Sail Training Foundation Co-Ordinators commented that a Catholic Outreach DVD would be very useful for recruiting volunteers.

After a presentation relating to the tasks involved in producing a DVD Co-Ordinators participated in a discussion about what they would like to see in the DVD and how they could use it in their Parishes.

Fayann also took the opportunity to interview a few brave Co-Ordinators on camera.







## LECTIO DIVINA

*Lectio divina* means holy (or divine) reading. It is an ancient form of prayer that is associated with the Benedictine monastic tradition. Benedict urged his monks to lavish time on the practice of holy reading, and to this day *lectio divina* is an integral component of the daily life of Benedictine monks and nuns. But *lectio divina* is a way of praying that all Christians, not just monks and nuns, can practice. In essence, *lectio divina* is about reading the Scriptures in a spirit of utter openness to what God is saying to us through His word. So, it's about reading Scripture without any sense of simply wanting to get to the end of the passage but with a heart that is eagerly and expectantly listening to the gentle voice of God.

### LECTIO DIVINA STEPS

**1. *Lectio*: Read the passage slowly.**

Savour each word instead of hurrying to finish. Listen for any word or phrase that tugs at your heart – even if only slightly. If your heart is tugged, stop!

**2. *Meditatio*: Meditate on the word or phrase.**

'Chew' over the text that touched you. Repeat and reflect upon it. Allow God's Word to interact with the reality of your life – your desires, your challenges, your deepest self.

**3. *Oratio*: Talk with God.**

Speak with God as with an intimate friend about how you see the word or phrase interacting with your life. Ask God to show you this connection even more closely.

**4. *Contemplatio*: Rest in God's embrace.**

Enjoy being silent with the God who loves you. If you become restless or distracted, continue with your slow reading of the text.

## John Paul Care Journey to Peace Bereavement Support Group

is offering a 6 week support program  
commencing

Wednesday 13 February at 7.30pm

Saints John & Paul Church

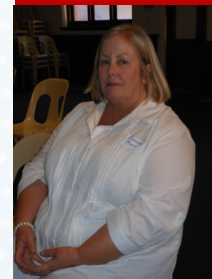
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Bookings essential for  
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# Committee of Management



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## Catholic Outreach

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On behalf of the Catholic Outreach  
Committee of Management  
and Staff

we would like to take this  
opportunity to wish you  
and your family  
a holy, joyful and peaceful  
Christmas  
and a happy and safe  
New Year.