

Catholic Outreach

Newsletter

July 2012

... from the Director's Desk



Year of Grace

In June I had the opportunity to attend, along with Parish Priests and representatives from other Agencies, an update by Archbishop Timothy Costelloe (who is one of four bishops on the Australian Catholic Bishops Conference Coordinating Committee) on the history and progress of initiatives undertaken for the Year of Grace, which is the Australian bishops' gift to the Church to celebrate and renew our faith and life as Catholics. The year which began at Pentecost 2012 exhorts us to 'Start Afresh from Christ' and comes from the bishops' reflection over a number of years on Pope John Paul II's Apostolic Letter *Novo Millennio Ineunte* (At the start of the New Millennium). The letter recalls the events in Rome during the Jubilee year of 2000 and the Pope's challenge to the whole Church to 'contemplate the face of Christ'.

Welcome

I was recently delighted to accept an invitation to address the volunteers of the Thomas More Care program at the Margaret River Parish. Following a move to Margaret River Trudy Hayman, a former Co-Ordinator of St Bernadette's Care Port Kennedy, identified similar needs within her new parish and following consultation with the Parish Priest and the Parish Pastoral Council initiated the program. It was very inspiring to see the efforts, initiative and enthusiasm of the parish priest and parishioners working together to assist

people in need in the Augusta and Margaret River community.

We would also like to extend a warm welcome to Co-Ordinators in the Kalamunda and Nedlands parishes who we are currently working with to set up programs for their communities.

Peter Mc Minn

Thomas More Care Margaret River



Co-Ordinators and Volunteers Commissioning Mass



Fr Pierre and Thomas More Care Co-Ordinators cutting the celebration cake

Co-Ordinators Mental Health Training Day

On 7 June I was pleased to be able to participate with over 20 Co-Ordinators representing approximately 10 agencies and parishes in a very informative training day which commenced with Mass being celebrated by Fr Karol Kulczycki SDS.

Sr Lucy van Kessel, a Presentation Sister and Mental Health Training Co-Ordinator from Ruah Community Services led the workshop asking us to consider that many mental health challenges start with depression/anxiety/substance abuse/personality disorders. Sr Lucy assisted Co-Ordinators explore mental health issues, share their experiences and reflect about how Care Programs can support people's mental well-being. Some of the themes included

- ◇ Signs of mental ill health
- ◇ What support to offer
- ◇ Complications
- ◇ Confidentiality and boundaries
- ◇ Resilience in service to people
- ◇ Supports for people

The afternoon allowed for small group discussion of experiences and Care Program support in the community.

Margaret Handyside
Benedictcare
Applecross



For further information and resources contact

- ◇ Mental Health Emergency Response
Line 1300 555 788 (Rural) 1800 676 822
- ◇ www.ruah.com.au/page/general

Committee of Management



We would like to warmly welcome Julie Williams, Manager of Corporate Services Catholic Archdiocese of Perth, who joined the Committee of Management as the Archbishop's nominee in January 2012. You may remember Julie from your previous visits to Highgate when she managed the Catholic Pastoral Centre.

Regional Meeting

In May I attended a very enjoyable Regional Morning Tea which was hosted by Xaviercare, Armadale Parish for Co-Ordinators and parishioners. During the morning tea guest speakers from Armadale-Kelmscott Mobile Meals Inc. and Diabetes WA presented informative talks about 'Healthy Meals' and 'Speak Out About Diabetes'.

Sarah Manfield
St Bernadette's Care
Port Kennedy



Website Templates

Have you developed a commitment form, brochure, poster, bulletin notice recently that you would like to share with other programs? If so email it to Catholic Outreach and we will include it on our website. Meanwhile check out the latest templates available for downloading.



Thomas More Care Margaret River

Commitment Ceremony

Fr Pierre : Through the grace of God, many in our community have responded to the voice of Christ calling them to reach out to our sisters and brothers in the community through Thomas More Care. The apostolate of providing meals, visitation, transport, home help and gardening is a ministry that Christ freely gives to them. With gratitude and joy we now ask them to commit to these sacred tasks and ask for God's blessing upon them.

May we call upon our Thomas More Co-ordinators and volunteers to please come forward.

God has called you, and you answered. So I ask you now:

Will you remain faithful to Christ's teaching and the teachings of the Catholic Church in your God-given ministry and apostolate of serving the needs of our sisters and brothers in faith?

Volunteers: We will

Fr Pierre: Will you commit to serve God through your ministry and apostolate, to serve like Christ in humility and be generous with your time and talent?

Volunteers: We will

Fr Pierre: Will you perform your ministry and apostolate with grace and serve this community with love in everything you do?

Volunteers: We will



Fr Pierre: We give praise to our God who has brought all of you to this day and who will continue to strengthen you in your faith.

Volunteers: Amen

Commitment/Stewardship Prayer

Volunteers: Lord God, you alone are the source of every good gift, of the vast array of our universe, and the mystery of each human life.

We praise you and we thank you for your great power and your tender, faithful love.

Everything we are and everything we have is your gift, and after having created us you have given us into the keeping of your Son, Jesus Christ.

Fill our minds with his truth and our hearts with his love, that in his Spirit we may be bonded together into a community of faith, a parish family, a caring people.

In the Name and Spirit of Jesus, we commit ourselves to be good stewards of the gifts entrusted to us, to share our time, our talent and our material gifts as an outward sign of the treasure we hold in Jesus. Amen.

Fr Pierre: (The assembly stands and extends hands over the volunteers)

God of glory,
Your beloved Son has shown us that true worship comes from humble and contrite hearts. Bless our sisters and brothers who have responded to the needs of our community and wish to commit themselves to your service.

Grant that their ministry may be fruitful and our worship pleasing in your sight.

Hear our prayers and answer them in your time, for we ask them through Christ our Lord.

All: Amen





Volunteers Thank-you

A very successful Wine and Cheese evening was held in February for the John Paul Care volunteers in the Willetton parish. During the evening Fr Thai Vu and the Co-ordinators farewelled a tremendous worker with the Care Program, Reena (Transport Co-Ordinator) with best wishes for her future endeavours.



Fr Thai with John Paul Care Co-ordinators



Volunteers Neil and Liz were commended for the consistent work they have carried out over many years with John Paul Care.

Bereavement Research

The John Paul Care Journey to Peace Support Group facilitators attended a presentation given by Margaret Sealey, who is presently undertaking a PhD in Clinical Psychology at the WA Centre for Cancer and Palliative Care (Curtin Health Institute of Research and Innovation) about the latest research on bereavement self-help groups.

The research shows that

- ◇ 40% of bereaved people could be offered self-help/peer support group of limited timeframes of between 6 & 10 weeks followed by a couple of weeks off for people to process and see how they adjust and then followed by a one off meeting for closure.
- ◇ At this time, people who are doing well could be offered the social activities, and those who have not been able to integrate their loss, should be referred for professional help (GP for the Better Access Program).
- ◇ Bereavement services must establish referral pathways (matching support to need), which all 'helpers' should be familiar with and adhere to.

The Journey to Peace Support Group is looking forward to establishing a program of this kind with input from Margaret for the bereaved. If you would like to attend this training please contact Betty Thompson 0438 858 212 (m).





National Prayer

Gracious God,

You have blessed this ancient land
with many gifts, especially its people.
We thank you for the Year of Grace,
a time to start afresh from Christ.

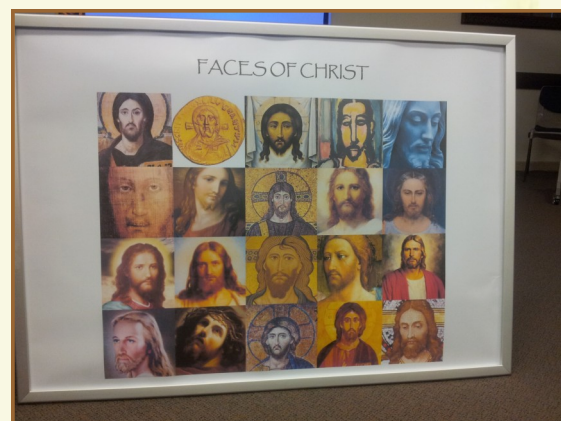
You invite us to contemplate
the face of Jesus your Son,
that we may experience
a new wave of grace,
and that the light of Christ may burn
more brightly in our lives.

Attune our hearts and minds
to the presence of your Holy Spirit,
that our Church may be transformed,
our relationships be healed,
and our nation grow in
compassion and justice.
With the intercession of
St Mary MacKillop,
who showed us new ways
of living the Gospel,
we make our prayer
through Christ our Lord. Amen.

Mary, Help of Christians, pray for us.



Archbishop Timothy Costelloe



Faces of Christ