



Reflection

Catholic Outreach work is based upon Gospel values and the Outreach logo has been developed from the letter from James 2:14-17. At the centre of the logo is the symbol for the Eucharist, i.e. the Host and Chalice. The Eucharist, or Christ, is the centre from which all of our work flows. The Eucharist also represents both our spiritual and faith life and is one of the sacraments we receive to strengthen and nourish us during our life.

Above the Host and Chalice is a red symbol representing both cloth and water. Cloth is used to provide warmth and shelter from the elements and directly relates to the clothing mentioned in St James' letter. This symbol also represents water, which is used in the sacrament of Baptism symbolising cleansing and birth to new life.

Baptism lays the foundation for us to be active in bringing justice to the world. Water is also the basic requirement for life.



The bread and the grapes represent the food referred to by St James. Volunteers provide many casseroles and other meals at times of distress.

Just as the bread and wine produced through the work of our hands become the body and blood of Christ so the actions of the community in cooking, sharing food and performing other works become the life of Christ in the world.

Just as bread requires wheat to be planted, harvested and made into flour the loaf of bread also symbolises the work we must do to help our brothers and sisters.

The work of Outreach not only helps our brothers and sisters in time of need but also often is a pre evangelising activity for people who have not found Christ in their lives. Finally, the logo represents a celebration of the life we have in Christ.

A Word from the Executive Officer

As we return refreshed from the summer break let us welcome the new year with renewed vigour in anticipation of the enriching and rewarding experiences which lie ahead. We trust that the Lord will provide us with the resources and inspiration necessary for the invaluable work of our ministry in this Year of the Eucharist.

By answering the call to ministry we are people of God who truly "live the Eucharist" in our daily lives. During this Year of the Eucharist it is appropriate for us to reflect on the Catholic Outreach logo which has at its centre the Eucharist from which all of our work flows.

Looking back over 2004 I realise, from the many parish visits and Co-Ordinators meetings I attended with you, how much has been achieved through your efforts and those of the volunteers in your parish for the needy in our communities.

Co-Ordinators deserve to be recognised and affirmed for the responsibility and work they undertake within the parish and community. I would like to express my gratitude to all Co-Ordinators and Parish Priests who consistently support and encourage the Outreach program.

We hope you enjoy reading our new format newsletter and I would encourage you to tell me about the activities in your parish Outreach program so that we can let others know.

Catholic Outreach wishes all of our readers every blessing in this Year of the Eucharist.

Peter



Birth of a Bereavement Support Group

It became apparent to our parish priests, Fathers Phong Nguyen and Corran Pike (Saints John and Paul Willetton) and myself that more needed to be done for the bereaved families in our community. In a large parish that averaged 50 funerals per year there seemed to be little or no long-term support for families after the initial visits.

Once the decision was made to establish a support group it was a natural progression to try to find a parish that was successfully running one. I didn't have to look too far afield as our neighbouring parish of St Thomas More Bateman had established their group 18 months earlier.

I attended one of their meetings with Sr Monica Kirby and we were impressed with the whole experience. All 12 participants shared their stories, but only when they were ready. The relaxed atmosphere lent itself to each individual's desire to speak openly and from the heart. There was unconditional love and support in that room. This was a model on which I wanted to base our group.

After some preliminary discussions with the parish priests and myself we approached a fairly new parishioner Sr Maree Ridler who facilitates the Seasons for Growth Grief Program at the Mary MacKillop Centre in South Perth. She agreed to assist us with training sessions for facilitators.

The main criteria that we wanted was for the group to operate under the banner of John Paul Care in a non-professional capacity. We would offer support and empathic listening but refer to counsellors where necessary. The method for recruiting the facilitators was to personally approach each one to ascertain their level of interest. Most of the parishioners approached had suffered the loss of a loved one. They had come through the grieving process and were ready to assist others in their loss and pain. Others were approached for their sensitivity and good listening skills. (contd page 3)

Around the Parishes

The Community is Jumping

Dear Peter, I am sorry it's taken me so long to reply but things are just getting hotter and hotter! We have just received a grant from the Department of Family and Community Services for a laptop and software so Sacred Heart Care (Mundaring) is about to be pulled into the 21st century.

The jobs keep coming in and we have in production 500 bibs for the Cerebral Palsy Association. One of our volunteers is currently researching an information book for the parish. A welcoming committee has been formed and new Co-Ordinators taken on board. Will send you the relevant details.

A thank you morning tea will be held within the next few weeks for volunteers. We have received a thank you from Judy Moylan for our contribution to the community and Sacred Heart Care volunteers were recently thanked for their work in the Anglican Homes newsletter. The community is jumping!

Anne Poole

Often hidden, but always doing the important jobs

Did you see the "touching letter" highlighting the work of parish volunteers published in The Record recently? The letter received from a grateful parishioner thanked the Co-Ordinators and Volunteers of John Paul Care (Willetton) for the work they had undertaken for her while she was incapacitated.



I was fortunate to attend the Café sessions held in our parish at that particular time. It provided the opportunity to sow the seeds for our future bereavement support group on an individual basis. In July 2004 we met for the first time and together we formulated our objectives for the group. A bond was formed through the sharing of our stories and we became a support network for each other.

Our band of 12 facilitators including the Co-Ordinator, Geraldine O'Brien, commenced several training sessions conducted very ably by Sr Maree. We engaged guest speakers such as Simon Hughes from Chippers Funeral Homes, Marie Harrison (parishioner) who has completed CPE training with SJOG Murdoch Hospital and Fr Hugh Galloway Chaplain of SJOG Murdoch Hospital.

It was decided to hold the meetings for the bereaved each fortnight with two facilitators attending each session on a roster basis with the understanding that the facilitators were free to come along to as many sessions as they wished or deemed necessary.

Our formal sessions with the bereaved commenced in October. A few weeks prior regular notices were placed in the parish bulletin to advertise this service. Also letters were sent out to those families in the community who had suffered a bereavement within the past two years to personally invite them to the meetings.

Our main objectives are to provide a regular opportunity for the bereaved to share their stories, to receive and give support to one another within a safe, comforting, friendly and confidential setting. Also to provide the bereaved with an understanding of the grief process, to help them adjust to their loss and to eventually take on a new direction in life.

Betty Thompson

Co-Ordinators Gathering

A Co-Ordinators Gathering was held at the Catholic Pastoral Centre of Our Lady of the Mission on September 21 2004. It proved to be a very successful day with 50 Co-Ordinators from parishes throughout the Archdiocese attending.

Speakers from various agencies located at the Centre were invited to address the Co-Ordinators. An interesting tour of the heritage building was conducted and Mass was celebrated in the Chapel by Fr Paul Fogarty. Not only were our spirits nourished but our mental stimulation was maintained at a high-level by the delicious morning tea and lunch!

Palliative Care

Dr Kirsten Auret from the palliative care unit of Hollywood Hospital presented a very informative talk about the history and current practice of palliative care within Western Australia to Co-Ordinators in the South West region in August 2004. The meeting was hosted by St Benedict's Care (Applecross).

Diary Dates

Retreat

Our major initiative this year will be a retreat to be held on Friday and Saturday, November 11-12 at the St John of God Retreat House in Shoalwater Bay. The retreat will provide an ideal opportunity for Co-Ordinators to recharge their batteries. Further information will be provided later in the year.



Wanted - Is this for you?

Are you interested in gaining office experience? An enthusiastic mature part time voluntary personal assistant/secretary who will enjoy working at Catholic Outreach head office is required. An ability to operate computers, including Word and Publisher software, and a sense of humour would be an advantage.

If you are interested please call Peter Mc Minn on 9422 7920.

An Outreach Prayer (Secrets of a Successful Meeting)

Lord, in Scripture you say to us: "just as you did it to one of the least of these who are members of my family, you did it to me". (Mt 25:40)

We praise and thank you for presence in us.

Your presence has led us to be caring people.

Your presence has allowed us to accept care from others.

Save us from any spirit of selfishness or pride.

Send to us your Holy Spirit as our helper and guide so that we can care for each other as we care for ourselves. Amen.

Catholic Outreach Board Members

- Keiren Shun (chair)
- Jane Murphy
- Fr Paul Fogarty
- Sr Dolores Coffey
- Betty Thompson
- Brigid van der Moezel
- Brian Parry



Welcome Aboard!

It is with great pleasure that we introduce Brian Parry our latest board member. Brian has been a great addition to our board so we thought what better way to get to know him by taking his photo and asking some questions.

Place of birth - Perth educated at CBC Highgate.

Family - wife Sue and four children Karyn, Simon, Deane and Mark.

Interests - former VFL umpire.

Where have you worked previously - Reserve Bank of Australia Perth (Deputy Manager WA), Darwin (State Manager NT), Melbourne, ACT (State Manager), Catholic Development Fund Perth (Fund Manager 99-04).

Memberships - Newman College (Council member and chair of the Finance Committee), St Cecilia's/Our Lady of Victories (Floreat/Wembley Finance Committee), various parish and school committees including Marist College, CDF (Board member Archdiocese of Canberra - Goulburn), Rotary, Australian Institute of Management.

Other activities - YCW St Peters (Bedford Park) and St Mary's Cathedral (Darwin Diocese), altar server training Our Lady of Good Council (Karrinyup), Our Lady of Grace (North Beach).

Catholic Outreach

ABN 69 987 131 869

The Catholic Pastoral Centre of Our Lady of the Mission
40/A Mary Street HIGHGATE WA 6003

Tel: 9422 7920 Fax: 9328 2833 Mobile: 0417 949 158

Email: outreach@highgate-perthcatholic.org.au

"Ordinary people helping other ordinary people with ordinary tasks"