

The Carer

Catholic Outreach

Ordinary people helping other ordinary people with ordinary tasks



Volume 5 June 2005

Reflection

So much struggling - realising that I need a balance between
reaching out and reaching in.

I need to do some things just for me,
like paint and play, and read
and build sandcastles.

I need to stop for a long time to think about that.
Where did I miss it? Lose it?
For joy is the centre of ministry.

Joy should precede ministry, nurture it and fulfil it.
But I am so intense about ministry, and take it so solemnly (as if I
were responsible for it) that I become weighed down by its ups and
downs, its disappointments and failures.

I suffocate joy with seriousness... I imagine everything depends
on me when everything is God's business and God has
already taken care of all her creation and all her people.

We are only to walk with each other,
be with each other,
love each other,

God's is the healing, the growing, and the fulfilling...

When I have fun and enjoy myself, God does!
Then I am most like God - who is joy!

*Commission for Australian Catholic Women
Catholic Women's Weekly 22/3/2004*

A Word from the Executive Officer

Much has happened since our last newsletter earlier in the year and as we approach mid year it is time to reflect on what has been achieved and take a breath before focusing on the next six months.

Thank you for your overwhelming response to the survey of jobs undertaken in the parishes (over 9,000 jobs in 2004 - refer to the summary on page 2). Because of the interesting, large number and variety of "other tasks" carried out by Outreach programs we have decided to make this the focus of our next Co-Ordinators Gathering on June 27.

My thanks also to Betty Thompson who, in response to my call for help in the last newsletter, has come to the rescue and is working in the office on a part time voluntary basis. Fortunately Betty has a great sense of humour and is enjoying the challenges.

Sr Dolores Coffey, one of our Board members, is currently studying overseas (Canada, Ireland, Scotland) and will return next year. In her last postcard from Ireland she was preparing to leave for Scotland for a retreat. She was happy to report that the weather in Ireland was mild and sunny ... in her area! In this year of sabbatical leave Fr Paul Fogarty, another Board member, is also preparing to leave for studies in USA, Spain and Italy. They go with our best wishes and we look forward to their safe return.

Catholic Outreach recently presented a submission to the Archbishop's Agency Review Committee (AARC) as part of the ongoing review procedures of the Archdiocese. The Board and I were delighted to have the opportunity to discuss the operations of Catholic Outreach with the AARC and to give some feedback about the wonderful work you undertake in the parishes.

Peter



Tips on finding people who need help

- ⌘ The Parish Priest should have a list of those housebound through age, sickness or disability.
- ⌘ The Parish Priest could notify Co-Ordinators when there is a death in the Parish.
- ⌘ Regularly meet with Parish Pastoral Workers and Social Workers.
- ⌘ The St Vincent de Paul Society know of people in need, eg financially distressed, lonely, isolated, who may be in need of the services of the caring group; eg Visitation, Handyman, Transport etc.
- ⌘ Social Workers and Chaplains of hospitals or homes for the aged, would know of people receiving visits or those soon to be discharged who might require transport or emergency home help.
- ⌘ Community Health Nurses and Community Home Care Workers are frequently aware of people in need and could provide an initial contact.
- ⌘ Local Doctors and Pharmacists are frequently in a good position to refer people in need.
- ⌘ Principals of schools in the area would know of newcomers and teachers are often the first to detect problems in a family.
- ⌘ A secure box could be left in the Church in which parishioners could place the names and addresses of people who need visitation or other assistance.
- ⌘ Leaving the Pastoral Program's flyer or card with carefully selected people or welfare agencies could result in referrals.
- ⌘ Migrant Chaplains could be a source of referral if they are made aware of the services provided by the Pastoral Care Program. If there is a large ethnic group in your area, a person of the same nationality could act as a go between.

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Catholic Outreach Survey

Summary of Pastoral Care Tasks Undertaken in 2004

Visiting	2,265
Transport	1,368
Home Help	206
Emergency Meals	3,585
Bereavement Support	260
Family Support	654
Handyman	112
Gardening	104
Other	<u>1,373</u>
Total	<u>9,927</u>

Diary Dates

Co-Ordinators Gathering - June 27 2005

Co-Ordinators are invited to attend an informal gathering to discuss the results of the 2004 survey. Please refer to flyer for further details.

Retreat - November 11 & 12 2005

"*I Delight in You*" is the theme for our retreat which, we are pleased to announce, will be led by Fr Walter Black at the St John of God Retreat Centre Shoalwater. Archbishop Hickey has also agreed to celebrate Mass and will join us at the retreat dinner.

Please keep these dates free if you are interested in taking time out to be informed and to relax. You may even be delighted!



- ⌘ Word of mouth advertising.
- ⌘ Updating the Parish Census or a needs survey is a good way to identify people requiring help in your area.

From Head to Heart

Have you ever thought of studying theology? No, I hadn't either until about two years ago when, in response to a small group in my parish that had started a Beginning Theology course, I felt drawn to explore my faith a little deeper.

My studies have become a delightful journey and as the course unfolded I was surprised to find the movement of faith from the head to the heart. I had assumed theology was a theoretical subject but I have found it is more about God revealing God's self to us.

The Beginning Theology course operates with small local groups, called clusters, of about half a dozen participants who meet on an informal basis to discuss work they have prepared from the readings and workbooks supplied. The modules and units are designed to allow participants to work at their own pace and in their own time.

The cluster group I am in has members from four parishes. As a result of our meetings, which are usually held every 4 to 6 weeks depending on individual members' commitments, we have become very close through the sharing of our life and faith journeys. This has resulted in some very vigorous, dynamic and interesting discussions.

At the end of each unit participants have the option of completing a short written report which is assessed. Most of the participants in our group, having found the course so rewarding, decided to continue their studies with the second year course which is called Foundations.

Beginning Theology, an open learning course developed by The Institute of Faith Education (Brisbane Archdiocese), was brought to the Perth Archdiocese in 2003

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John Paul Care Meets the Growing Vine

In February I was invited to address the Growing Vine, a seniors group who meet every Friday in the parish centre for morning tea, Rosary, Mass and lunch.



I approached a lovely and very talented Growing Viner named Olga (in her 80's) who immediately went into writing mode and produced a series of skits illustrating some very comical situations that John Paul Care volunteers could find themselves in. The skits were rehearsed over a couple of Fridays using some equally talented Growing Viners and our very own handyman/gardener.



The afternoon proved to be very entertaining and informative. Many thanks to Olga, Daryl, Edna, Queenie, Gillian, Angela, Sylvie and Tessy for illustrating how some serious situations can be made comical just by the stroke of a pen and perhaps, a stroke of genius!

Betty Thompson





by the Maranatha Institute (Sr Margaret Anne Beech Course Coordinator). The course is accredited by the Nationally Recognised Training Authority and has been awarded Certificate II in Systematic Theology.

The first 20 participants graduated in December 2004 and there are currently 52 participants studying Beginning Theology in cluster groups throughout the parishes of Applecross, Ballajura, Bateman, Clarkson, Floreat, Manning, Morley and Palmyra and three cluster groups in Ballajura, Bateman and Clarkson studying Foundations. Consideration is also being given to enable country people to participate in Beginning Theology by email and to be connected and supported by a group in the city.

If you feel drawn to explore your faith a little deeper in a relaxed, informal self paced environment I can highly recommend the Beginning Theology course for you.

Peter Mc Minn

Around the Parishes

Dear Peter, just a note to keep you in touch with the activities of Sacred Heart Care (*Mundaring*). We are continuing to grow and develop in 2005 and are very fortunate to welcome three new co-ordinators. Each of these ladies bring something unique to SHC.

Paula is a young Mum with children at Sacred Heart School which will provide a valuable link between Parish and School. Sharon has taken on the treasurer's role and also has young children at the school. Annette is a long standing member of the Parish who is both energetic and well known in the district.

Of our existing co-ordinators Pat, despite illness, has proved a fantastic admin support and computer expert rising to meet each new challenge. Ann, our visiting co-ordinator, has just organized an ongoing Men's luncheon group especially for those men isolated through illness or bereavement within our community. The ever energetic Vicki has organized a Thursday morning sewing group for the School/Parish the proceeds from which will benefit St Vinnies and Sids and Kids for 2005. I sit back in amazement watching all this activity and realize that soon I

will be out of a job!!

We now have a duty roster for co-ordinators operating on a monthly rotational basis. Paula has just completed her first month and organized 10 emergency meals, a meal drive through the school to fill our freezer and organized a morning tea after the funeral for a well known parishioner.

We have had several students from other Catholic schools wishing to do their Christian Service through SHC and we have found that this has worked well for all parties involved. This service is of course done under supervision.

A recent recommitment weekend was very successful with Parishioners "hounded" at all three Masses by our ever enthusiastic volunteers.

Sacred Heart Care has been allocated office space within the school campus, should the need ever arise. The new Headmistress has been very supportive of SHC in fact she has embraced Junior Sacred Heart Care and each class from Kindy to Year 7 will participate in an outreach program under the guidance of SHC. We have been allocated a school liaison officer to help with this initiative. The aims of this program in particular is to strengthen links between School and Parish and to provide an opportunity for the students to practice their faith in a meaningful way.

Ann Poole

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