

NEWSLETTER No. 24 – Thursday, 13th August 2009

*"It is for God we serve the poor, and not for thanks."
Catherine McAuley (1778-1841) Foundress of the Sisters of Mercy.*

Dear Parents, Students and Staff,

Mary MacKillop Prayer

*Eternal Father, in the early days of colonial Australia,
you inspired Mary MacKillop to leave her family and gather around her
a group of courageous women to answer your call in the service of Church and country.
Grant that, through the prayers of Mary MacKillop, our great country may advance
in our understanding and practice of the teachings of your Son, Jesus Christ.
Amen.*

In November 1841, a great Irish woman Catherine McAuley, founder of the Sisters of Mercy, died. Two months later a great Australian, Mary MacKillop, was born. Mary's life mirrored Catherine's in so many ways. Each had a vision that brought to life a new and radical form of religious life that took Sisters in small groups out to the people who so desperately needed them. Theirs was a down-to-earth, roll-up your sleeves holiness.

Like Catherine McAuley, Mary MacKillop was a woman ahead of her time. She was forthright, assertive, loving and intensely loyal to the Church even when wrongfully excommunicated and removed from leadership of the Order she founded, the Sisters of St Joseph.

Mary committed her life to the poor and destitute — establishing orphanages, refuges for women and children and schools for poor and isolated young people. Blessed Mary MacKillop, known in her adult life as Mother Mary of the Cross, was a dreamer and a planner. In our world, so often torn by conflict and strife, by greed and poverty, the example of Mary's life and holiness challenges us to place our trust in God and courageously live the gospel of Jesus Christ. For Mary was strong in her belief that: "We must teach more by example than by word." Mary MacKillop 1907. (acknowledgement: J Arthurson)

Last weekend saw a celebration of the Feast Day of Blessed Mary MacKillop at St Patrick's Cathedral. It is the centenary of her death and there is a great sense of hope that Pope Benedict is considering canonisation of Mary MacKillop as Australia's first saint.

Mr Darren Atkinson, Principal

IMPORTANT DATES

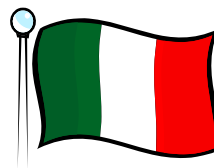
UPCOMING EVENTS

Friday, 21st August – Subject Selection Forms due

Friday, 28th August – Frayne Speech Festival

STUDY TOUR TO ITALY – INFORMATION SESSION

An information session to outline the proposed tour will be conducted on **Tuesday, 18th August** from 6pm to 7pm in room M21 (off Twelfth Street). This information session will help to gauge the level of interest and there is no commitment required at this time.



RELIGIOUS EDUCATION

MERCY WORKS AT CORBOULD WETLANDS IN ONTARIO AVENUE

On Thursday, 6th August, Mr Finn's Mercy Works class participated in planting, watering and protecting trees down at the wetlands next to the hospital.

The class was split into groups of 3 or 4 students and were asked to plant the trees that were placed in pre-dug holes. Recycled water was used to water the trees and loosen the soil for the pegs to go into. The next stage of this activity was to place the net guards over the trees and place the stakes inside the nets to stop them from squishing the trees and helping to protect the trees. The last part was to add more water around the trees.

After we had finished, we all looked at the work that we had done, everyone's faces were full of excitement and achievement.

It is amazing what you can do with a class of students in a place that needs help. All the students should be proud of what they have done! We will continue with this activity over the next few weeks.

Carlee Anesbury, Year 8

BINGO

THURSDAY, 17TH SEPTEMBER

Sally Crothers	0418 145 821
Kiri Fillery	5022 2034
Cameron Crothers	0418 145 867
Ashley Munro	5025 3305
<i>Emergency: Narelle Gallagher</i>	5024 7136

LOCAL EXCURSIONS

Monday, 17th August

All Day SSSSA Basketball – 8th Street Basketball Stadium (Mrs Pike, Mr Reece, Mr Grieger, Mrs Minter)

Thursday, 20th August

All Day Shooting Excursion – Jeparit (Mr Aston)

Period 2 & 3 MWSO82D to Oasis Aged Care (Miss Hagen)
PEDSK0B to Ten Pin Bowling (Mr Collins)

Period 2 – recess MW082G to Princes Court (Mr Towns)

Period 3 – 5 Year 11 Complete Works Theatre to Stadium (Miss Filippi, Miss Appleby, Mr Liepins, Ms Gilbert, Mr Eddie)

Period 5 – 7 Year 10 Complete Works Theatre to Stadium (Miss Jones, Mrs Collins, Mrs Kemp, Mr McBride, Mr Wolfe)

CONGRATULATIONS!

Congratulations to Grace Sheahan who was awarded first place in the Intermediate Section of the Australian Catholics Young Journalist Award. Grace's winning article profiled Marion Guthrie and her work in the missions of Peru. Along with winning some wonderful prizes, Grace will have her article featured in the next edition of Australian Catholics magazine.



ATHLETICS CARNIVAL - 11TH AUGUST

FINAL RESULTS

1st Xavier - 5040

2nd McAuley - 4712

3rd Padua - 4132

Chisholm - 3891

Report to follow in next week's newsletter.

A THOUGHT FROM THE URSULA FRAYNE CENTRE

COPING WITH LOSS, BEREAVEMENT AND GRIEF AFTER THE DEATH OF A LOVED ONE.

In our hearts, we all know that death is a part of life. In fact, death gives meaning to our existence because it reminds us how precious life is.

Coping With Loss

The loss of a loved one is life's most stressful event and can cause a major emotional crisis. After the death of someone you love, you experience bereavement, which literally means "to be deprived by death."

Knowing What to Expect

When a death takes place, you may experience a wide range of emotions, even when the death is expected. Many people report feeling an initial stage of numbness after first learning of a death, but there is no real order to the grieving process.

Some emotions you may experience include:

- Denial
- Yearning
- Humiliation
- Disbelief
- Anger
- Despair
- Confusion
- Sadness
- Guilt
- Shock

These feelings are normal and common reactions to loss. You may not be prepared for the intensity and duration of your emotions or how swiftly your moods may change. You may even begin to doubt the stability of your own mental health. But be assured that these feelings are healthy and appropriate and will help you come to terms with your loss.

Remember: It takes time to fully absorb the impact of a major loss. You never stop missing your loved one, but the pain eases after time and allows you to go on with your life.

YEAR 9 ALTERNATIVE WEEK



Last week, all Year 9 students were instructed at the Stadium for Alternative Week - a program offered to Year 9 students with a focus on social, communication and personal development skills. The students participated in eighteen sessions altogether including ballroom dancing, bike education, camp cooking, map and compass, a river bike challenge, screen printing, a movie in the Mercy Theatre, an all-in team challenge, sessions on communication, personality, choices, inspiration and emotions as well as a very emotional, but much enjoyed session run by the 'REACH Foundation' and a liturgy to celebrate the end of the week.

Unit 2 VCE Outdoor & Environmental Studies students Samuel Dawson, Darcy Gordon, Hannah Priest, Jayke Barrack and Hayden Shepherd also contributed to the

week by planning and running the river bike challenge and the Friday team challenge. Their skills and input into the planning of the event were commendable and they showed themselves to be a great asset to the College.

By the end of the week staff members and students were physically and mentally exhausted, but the spirit now flowing through the year level is exciting. I look forward to continuing with them on their journey as they go on to "paint the sky with stars" (closing theme of our liturgy).

Below is some feedback from Year 9 students and staff members:

"The best part was REACH, the liturgy and the bikes. Reach brought a lot of things out that needed to be said and the liturgy made us reflect and look back on everything. The bikes was just fun."

"It was good fun :)"

"The teachers were very helpful, knowledgeable and easy to get along with."

"The liturgy at the end was an inspirational experience for me, just listening to those students, it was obvious they got a lot out of it."

"The kids felt united by the end of the week."

Mr Nigel Reece, Junior School Coordinator

SJC PRODUCTION 2009

A tribute to the musicals Cats, Flashdance & Hairspray

Friday September 4th, 2009

Saturday September 5th, 2009



MERCY THEATRE

Adults \$15

Students / Concession Card holders \$10

Doors open 6:30pm

Production start time 7:15pm

Tickets available from SJC reception
154 Twelfth Street, Mildura or 5018 8000