Feast Day for our first Australian Saint

Mary MacKillop

8 August 2015

Sr Katrina Brill RSJ, Congregational Leader of the Sisters of Saint Joseph, says that:

“Mary’s Feast Day provides all Australians with an opportunity to stop and reflect on the meaning of life. Mary MacKillop, an Australian by birth, stands out as one of our Australian heroes. Her life story embodies characteristics which are integral to the Australian identity: a sense of a fair go for everyone, her willingness to stand on the side of people who are vulnerable, her pioneering spirit and her ability to respect people from across all beliefs and cultures. Mary would look for the good in others and assist children and people to feel good about themselves. She avoided being judgmental and cynical no matter what the situation and tried always to be ‘big hearted’ and be ‘with’ the people in their struggles.”

“Mary’s innate goodness and her down to earth approach to life, her ability to bring hope and purpose in the midst of suffering, has given Australians a freedom to be spiritual. Mary is not a Saint to be admired from afar. She is a person who truly understands the everyday life of people, their struggles and their joys. She stands as a person who reflects to the Australian people great qualities are her sense of integrity and kindness, her being loyal to friends and forgiving enemies, her pragmatism in all areas as well as her genuine holiness.”

“Recta Sapere” To Know, Love and Relish what is Right and Just
ST JOHN VIANNEY – 4 AUGUST 2015

Jean-Baptiste-Marie Vianney, T.O.S.F., (8 May 1786 – 4 August 1859), commonly known in English as St John Vianney, was a French parish priest who is venerated in the Catholic Church as a saint and as the patron saint of all priests. He is often referred to as the “Curé d’Ars”. He became internationally notable for his priestly and pastoral work in his parish because of the radical spiritual transformation of the community and its surroundings. Catholics attribute this to his saintly life, mortification, his persevering ministry in the sacrament of confession, and his ardent devotion to the Blessed Virgin Mary and to Saint Philomena.

TRANSFIGURATION - 6 AUGUST 2015

In the Roman Catholic Church, the Transfiguration was once celebrated locally in various parts of the Catholic world on different days, including August 6, but was not universally recognized. In 1456, the Kingdom of Hungary repulsed an Ottoman invasion of the Balkans by breaking the Siege of Belgrade. News of the victory arrived in Rome on August 6. Given the importance to international politics at that time of such battles between Christian and Muslim nations, in celebration of the victory Pope Callixtus III elevated the Transfiguration to a Feast day to be celebrated in the entire Roman rite. In 2002, Pope John Paul II selected the Transfiguration as one of the five Luminous Mysteries of the rosary.
STUDY SKILLS NEWSLETTER TIP FOR AUGUST

Students and Sleep

How much sleep do I need?

- Different people need a different amount of sleep in order to function optimally during the day. Whilst most adults need about 8 hours sleep a night, teenagers need more like 9 hours and 15 minutes sleep per night. Working out how much sleep you need will take a little time and perseverance. Record how you feel during the day based on how much sleep you had a night and a pattern will start to appear.
- Getting a good sleep is important for your mind and body. Sleep lets your body rest and repair, it helps maintain a healthy immune system and sleep is needed so your body has the energy it needs during the day for activity and concentration. Sleeping well helps you to stay mentally healthy too.
- Signs that perhaps you aren’t getting enough sleep or enough good quality sleep include irregular sleep patterns, feeling tired and drowsy during the day, falling asleep at school or in the afternoon, trouble falling asleep or staying asleep, loud snoring, sleepwalking or night terrors and difficulties with concentration and memory.

Top Tips for getting to sleep / sleep routine / falling asleep

- Have a regular bed time and wake up time. A regular bed time helps to set your body clock so your body knows it’s time to sleep. Waking up at (or near) the same time each day also helps your body to establish a sleep pattern. Get plenty of sunlight during the day too.
- Establish a bed time ritual. Doing a series of actions before bed also helps your body to prepare for sleep. Ideas include, a warm bath or shower, reading a book, listening to quiet music or doing some gentle stretches.
- Avoid technology in the hour before bed, including TV, computers and phones.
- Exercise during the day so that your body is ready for rest at night.
- Don’t eat big meals at night. Eat as early as possible and try to avoid rich, heavy food close to bed time.
- Limit your caffeine during the day and don’t drink any caffeine in the afternoon or evening.
- Don’t have too much liquid in the evening….and if you are drinking, consider a herbal tea like chamomile.
- Worrying about problems at school or with friends often stops you from getting to sleep. Talk to a trusted person about things that are worrying you to find ways to solve your problems. You could also try some relaxation exercises such as meditation or positive visualisation.
- Have your room as dark as possible when trying to get to sleep. Use a sleep mask if you need to avoid light e.g. from electronic devices, street lights etc.
Staying Asleep

- Make sure the temperature of your room is comfortable. Too cold and you may have difficulty falling asleep or staying asleep. Too warm and the heat will also wake you.
- Having a quiet environment will help you stay asleep. If loud noises often wake you, having some consistent “white noise” can be helpful. Earplugs may also work for some people.
- A comfortable bed which is large enough for you to spread out and is supportive will help you to sleep well, as will a comfortable pillow which provides the right amount of support for your neck.
- Good ventilation in your room helps to get rid of toxins and keep the air you are breathing fresh. A potted plant in your room may help.
- Make sure you go to the toilet just before you get into bed.

Good quality sleep

- Smelling lavender while you sleep might improve the quality of your sleep. Try a few drops of lavender oil in your washing or on your pillow, or using lavender scented soap.
- Have a good sleep environment. Clear your room of clutter. Dust regularly. Have calming colours in your room.
- Try rearranging your room according to Feng Shui principles, whereby you can see the door from your bed, but your bed is not directly facing the door. This may mean putting your bed on an angle.

Feeling refreshed after sleep

- First thing in the morning, drink a glass of water to help you wake up and rehydrate.
- Do some gentle stretches or more vigorous exercise first thing in the morning as part of your morning ritual. This will also help to set your body clock.
- Practice deep breathing while you are still in bed to make sure your body is able to take in lots of oxygen and expel carbon dioxide.

Where to go for help or more information

- If you try out the tips here and are still having trouble with falling asleep or staying asleep, try talking to your doctor to see if there is a medical or other reason.

You can learn more about how to optimise your performance as a student at www.studyskillshandbook.com.au

Gavan Martyn
Teaching and School Operations Coordinator

“Recta Sapere” To Know, Love and Relish what is Right and Just
Dear Parent/Guardian

MURRAY WORKING BEE

A Working Bee will take place on Saturday, 15th August 2015 from 8.00am to 11.30am. All Murray house students are urged to attend. All students who attend, will receive house points for their individual house.

In order to minimise costs for maintenance and maximise expenditure on student resources and facilities, all families are asked to support at least one Working Bee per year. Families can support these working Bees by attendance for a couple of hours, sending items for Morning tea or plants or by small cash donations to purchase paint, cement etc.

We will be carrying out repairs and maintenance work as well as general cleaning up around the school. If you can give us a few hours of your time on the day it would be greatly appreciated, the more people helping the more work we can get done. There is a lot to do, particularly:

- Painting, graffiti removal
- Mowing, edging, Whipper snipping
- Gardening/mulching/weeding
- General Clean up
- Book covering in Library

If you are able to assist by bringing tools, ladders, mowers, trailers etc it would be a big help. We work rain or shine from 8.00am to 11.30am. Remember even a few hours will help. Morning tea and drinks will be provided.

I look forward to meeting and working with you.

Yours sincerely

Ms Karen Young
Principal

Please complete the form below for catering and planning purposes and return it to the school by Thursday 13 August 2015.

MURRAY WORKING BEE

Student’s Name: _______________________________ Class: ________

I will be attending the Working Bee on Saturday, 15 August 2015. Yes No

I would like to help with: ____________________________________________

(Choose a job from the list)

I will send ____________________________________________ for morning tea.

Unfortunately I am unable to attend the Working Bee but would like to make a donation of $ _______which I enclose towards the cost of materials.

Parent’s Signature ______________________________________________

"Recta Sapere” To Know, Love and Relish what is Right and Just
Message from the Finance Office

A reminder to all Year 12 Families that all school fees need to be paid by end of Term 3 unless arrangements have been made through the Finance Office or with Ms Young.

John Therry Catholic High School Yr 12 Formal

The Yr 12 Graduation/Formal will be held on Wednesday 16th September 2015. This is the final school event in recognition of your child’s graduation from Year 12. It is a special occasion for parents and guardians to celebrate this graduation milestone.

Details for the formal are as follows:

Date: 16th September, 2015
Location: Campbelltown Catholic Club in ‘The Cube’
Time: 6:00pm-11:00pm (Guests are expected to arrive at 6:00pm for a 6:30pm start)
Cost: $85.00 per head (Each ticket includes a two-course meal and refreshments)
Dress: Formal attire

Please note this is an alcohol free event.

Students have the option of purchasing a total of three tickets, two of which are for parents or guardians. Students are not permitted to purchase tickets for friends, partners, siblings or other relatives. If there are extenuating circumstances and students are unable to bring their parent/guardian, purchase of tickets for any other person must be pre-approved by Ms Young. Please contact the office to make an appointment with Ms Young for this pre-approval to be arranged.

Please note that RSVP and payment is due to the John Therry finance office by Monday 31st August, 2015.

In order for students to attend the formal they are required to have school fees paid up to date or alternatively, made arrangements with Ms Young regarding payment. Please call the finance office on 4645 8100 to assist with this process or any other enquiries in relation to ticket purchases.

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“Recta Sapere” To Know, Love and Relish what is Right and Just
MESSAGE FROM THE OFFICE

ABSENT / LATE TO SCHOOL
When a student is absent or late to school you will receive a text message to advise you of this. This is mandatory government legislation that parents / carers be informed of absenteeism. You are required to answer the text or send in a note to confirm you are aware of the absence or late arrival.

If a student comes late to school they are to sign in before they go to class, so they can be marked present from the time they arrive at school.

LEAVING EARLY FROM SCHOOL
If a student needs to leave early please write a note in their diary so they can leave class and be at the office ready for you to collect them. In the case of an unexpected reason for collection from school early, you can ring the office ahead of time and we will have your child waiting for you when you arrive.

Students must be picked up from school by a parent / carer or someone who is marked as an emergency contact for that student. If someone other than a contact we have listed comes to collect a student, we will phone the parent / carer to ensure that they know they student is being collected.

Please read the following Attendance Guidelines mandated by the Catholic Education Office Wollongong and the NSW Department of Education.

INFORMATION FOR PARENTS

APPLYING FOR EXEMPTION FROM ATTENDANCE AT SCHOOL

WHY DO I HAVE TO APPLY FOR EXEMPTION FOR MY CHILD?
The Education Act 1990 (Part 5) states the following regarding attendance of children at school:

1.1 Section 21 of the Act requires students between the ages of six and seventeen to be enrolled at a government or registered non-government school and to attend school whenever instruction is provided;

1.2 All students who are enrolled at school regardless of their age are expected to attend whenever instruction is provided;

1.3 Compulsory schooling is the duty of parents;

1.4 Section 23 of the Act states it is an offence if a parent fails to send their child to school;

1.5 Section 24 of the Act requires Principals to maintain an attendance register (roll) in an approved form. The attendance register must be available to authorised officers at all times;

1.6 Section 25 of the Act requires Certificates of Exemption to be processed for students not attending school for extended periods of time.

All absences must be explained to the school.

If you know of an absence in advance then it is recommended you apply for an exemption from attendance.

Applications for student leave can be considered as applications for exemption from school attendance.

“Recta Sapere” To Know, Love and Relish what is Right and Just
WHO CAN GRANT EXEMPTION FROM ATTENDANCE?

Certificates of Exemption from the compulsory education requirements of the Act may be granted by the Principal for less than 50 days, by the Principal with Heads of School Improvement Services approval for up to 100 days in a twelve month period when it has been clearly demonstrated by the applicant that an exemption is in the student’s best interests in the short and long term and that alternatives to exmination have been considered. For example, in some cases, application for the power to exempt students in Catholic systemic schools for periods more than 100 days in a twelve month period currently remains with the Minister. Applications should be forwarded through the school to the CEO then to the Catholic Education Commission, NSW. Principals are legally responsible for keeping accurate records of student attendance. The Principal of the school has the right to question parents’ or carers’ requests for their child to be absent from school. Principals are also responsible for deciding if the reason given for an absence is justified. Exemptions cannot be granted retrospectively.

Principals and the Director of Schools may grant a Certificate of Exemption from enrolment at school to students under Section 25 for the sole purpose of completing their education through undertaking an apprenticeship or traineeship before they have completed Year 10. If such permission is granted, the Principal should also grant a Certificate of Exemption from schooling subject to the completion of the contract of training.

REASONS WHY EXEMPTION CAN BE GRANTED

FULL DAY Exemptions

Principals and the Director of Schools may grant exemptions due to:

- **exceptional domestic circumstances** – this does not apply to family holidays
- **other exceptional circumstances** such as health of the student where sick leave or alternative enrolment is not appropriate
- **employment in the entertainment industry or participation in elite sporting events** for short periods of time i.e. for one or two days, and at short notice.

For any other matter, the Principal must consult, prior to the exemption being granted, the Head of School Improvement Services Primary or Secondary.

PART DAY Exemptions

Section 25 (2A) of the *Education Act 1990* gives the Minister the power to grant a Certificate of Exemption from the requirement to attend a school during the times specified in the certificate.

Exemptions for (apprenticeship/traineeship)

Parents may seek an exemption from attendance at school for students who have completed Year 9 of secondary education and under compulsory school age who have been approved to undertake full-time apprenticeship or traineeship.

HOW DO I APPLY FOR EXEMPTION FOR MY CHILD?

What to do – for periods of **less than 50 days**

- Collect the Application for Exemption Form from the School Office.
- Complete the form and include relevant documentation and return to the school.
- Make an Appointment with the Principal to discuss the application.

"Recta Sapere” To Know, Love and Relish what is Right and Just
If the application for Exemption is granted you will be issued with a Certificate of Exemption (Please keep this as it needs to be included in any later application for Exemptions from Attendance).

If not granted then you will receive a response in writing from the Principal.

**What to do – for periods of between 50 and 100 days**

For a period of between 50 and 100 school days then follow the directions above. Once the Principal has approved the application must then be sent to the Head of School Improvement Services Primary or Secondary at the Catholic Education Office. You need to apply at least 4 school weeks before the period of exemption for the paperwork to be processed and interviews to be attended.

**What to do – for periods of more than 100 days**

For a period of greater than 100 school days then the application must be sent to the Minister of Education and Communities via the Head of School Improvement Services Primary or Secondary at the Catholic Education Office. You need to apply at least 6 school weeks before the period of exemption for the paperwork to be processed, interviews to be attended and the application sent the Minister’s Office for approval.

**What to do – for apprenticeship/traineeship**

- Collect the Application for Exemption Form and Notification of Employer form from the School Office.
- Complete the forms and include relevant documentation (e.g. apprenticeship/traineeship contract and training plan from a Registered Training Organisation (RTO), and a letter from parents giving permission) and return to the school.
- Make an Appointment with the Principal to discuss the application.
- If the application for Exemption is granted you will be issued with a Certificate of Exemption.
- If not granted then you will receive a response in writing from the Principal.
- If the apprenticeship/traineeship is abandoned the employer must notify the Catholic Education Office through the Principal and the student must return appropriate education either at school or TAFE until compulsory school leaving age.

“Recta Sapere” To Know, Love and Relish what is Right and Just
School Uniform Requirements for Travelling To and From School

Please remember that whilst students are in school uniform before and after school, they are representing the school. Uniform should be worn well – blazers on, shirts tucked in, appropriate jewellery etc – the minute students leave the school to when they walk into the door at home. When travelling on the bus, all students should remain seated and conduct themselves in a way that doesn’t draw negative attention to themselves, and therefore to our school. If you have plans after school, it is best to head home first and change into other clothes. We know we belong to a great school and we know that John Therry students are proud to belong to this community.

SICK BAY
If your child presents to sick bay, it is school policy that if they are injured or sick they will be sent home. We do not have the facilities for students to spend lengthy times in sick bay. It is imperative that we have your current contact details and details of other contacts who are able to collect your child in the event of illness or injury.

If an accident occurs at school and your child is injured, you will be notified immediately. An ambulance will be called for all head injuries and any other injury deemed serious enough. If a child is taken to hospital in an ambulance they will be accompanied by a member of staff until a parent or carer can get to the hospital.

Members of the office staff are first aid trained, but we are not allowed by law to administer pain relieving medications, ointments or the like. Band-aids, ice packs, heat packs and water are the only first aid treatments available to us. Due to the chance of allergies or other reactions we do not give students anything at all.

In the event you are unable to collect your child we will ask you to find someone else who can. If your child cannot be collected and we feel they are sick enough, an ambulance will be called.

If your child has to take a prescription medication during school hours you need to complete a medical form at school and give permission for us to administer that medication. We are not permitted to administer non-prescription medication to students.
2015 Biennial Conference

The theme of the conference was

THEY HAVE NO WINE: JOHN’S GOSPEL, MARIST SPIRITUALITY, ABUNDANT LIFE.

For two and half days Marist Education Leaders explored the spirituality of leadership around the great themes of St John’s Gospel.

Principal guest lecturer is one of Australia’s well respected scripture theologians, Mary L Coloe pbvm, BA., BTheol (hon), D. Theol. Mary teaches in the field of New Testament studies, with a particular focus on the Gospel of John. She has taught at the Australian Catholic University, Boston College, the Jesuit School of Theology Berkley, and at the Ecce Homo Biblical Institute Jerusalem. She is a member of the Studiorum Novi Testamenti Socitas and other national and international biblical associations.

National Director’s Address to open the 2015 MSA Conference

National Director’s Address to open the 2015 MSA Conference [Introductory remarks of welcome]

Let me set the scene for these days. To veterans of such events, there is much that is familiar about this conference, but other aspects that are quite different. The familiar Marist elements we immediately recognise: the warmth of the welcome; our down-to-earth way of relating; the calibre of the content and our work together; the attention given to the quality of our prayer and worship and done in a Marian way – that listens before it speaks, that its attentive before it is joyful. All that we expect. But notice the differences: no sponsors’ booths to ambush us as we leave hall and satchels not bulging with commercial handouts (but I do rush to acknowledge gratefully the support of our family friends at CCI and the CDF), no flash five-star hotel as a venue, no passive listening to long keynote addresses, then a smorgasbord of workshops of varying appeal – none of those tired old features of the corporate convention. We have cast this one differently. I invite you to engage with it prayerfully, openly, and critically. We hope that its content and its dynamics will enhance your appreciation of what it means to you to be a Marist today, and that it will inspire our collective and ever deepening commitment to that graced way of sharing in God’s mission.

First, a few comments on our conference theme and the person who will be breaking it open for us. Some have raised a question about the amalgam of phrases we have grouped into the theme: They have no wine: John’s gospel, Marist spirituality, abundant life. For a window into the links among these phrases let’s turn to Brother Sylvestre – that little practical joke and lively character who was one of the first generation of Marcellin’s Brothers. From Sylvestre we know that the Founder was given to describe St John as the “first Marist”. The first Marist was was John. It is a revelatory piece of knowledge, that, but hardly a surprising one if we know the spiritual bloodlines from which Marcellin’s experience of God grew.

If you wanted to trace those bloodlines, you would need to go back not just one or two generations but actually to the earliest Christian times. Those who have been on Marist pilgrimages, or other programmes at which I have presented, would have heard me on some of this before, but I think it is crucially important for us as Marists to know this story, because it is of our deep story; it’s what haS given life and shape to the spirituality that we call “Marist”.

“Recta Sapere” To Know, Love and Relish what is Right and Just
The first Christians to come to France – to what we now know as Lyon and Vienne – were from Asia Minor, particularly from the region of Ephesus and Smyrna. Their leader, about whom we know little other than he died as a martyr in the year 177 during the persecution of Emperor Marcus Aurelius, was Pothinus. About the person who succeeded him as Bishop of Lyon, however, we know a lot: Irenaeus – one of the giants of early Christian theology, and notably Marian theology. It is not surprising that he was a Marian theologian if you know that he was a student of Polycarp (as was Pothinus), and that Polycarp was a disciple of John. A marble plaque in Lyon Cathedr al – the Cathedral of St John – commemorates the story of those first Christians’ bringing with them a Marian icon. Mary came with them. An ancient tradition has it, as we know, that it was to the Johannine community near Ephesus that Mary went sometime after the death of Jesus. While much of what actually happened has long been misted by time and legend, at least we can be certain that the place and role of Mary was an important part of the theology and the ecclesiology that emerged from that Johannine community, the same community in and for which the Johannine scriptures were written.

The point is that the foundations of the Church in France, in Lyon where we Marists began two centuries ago in the Chapel of the Virgin of Fourvière, were Johannine, and deeply so. The God who is revealed in the Johannine scriptures – an immanent and indwelling God, a God who is love – was the Gospel that came to France. Fifteen hundred years later, when the Catholic Reformation was attempting to call the Church back from its medieval decadence and its superstitious morality, to where and to whom did the French reformers intuitively turn? To John. The leaders of that movement – people such as Pierre de Bérulle, Jean-Jacques Olier, Vincent de Paul, Francis de Sales – shaped a distinctive style of Christian discipleship that today we usually call the “French school of spirituality”. Its Scriptural bases were in the Johannine and Pauline Scriptures – emphasising Paul’s focus on the kenosis, the self-emptying, of God in Jesus, and zeal for mission; and John’s revelation of a God who seeks to pitch his tent in our midst, a God whom we can come to know intimately and for always, a God who is love, who offers us life in all its fullness, and to whom we respond in practical expressions of love for one another.

These were the spiritual and scriptural emphases in which Marcellin was formed as a seminarian and in which he subsequently nurtured himself as a priest and founder. The Johannine literature became his go-to Scriptures, his at-home place in the Bible. He appropriated them profoundly, immersing himself in them to such an extent that his own writings became indistinguishable from verses of the Gospel and Letters of John. He aligned himself with the Beloved Disciple, in deed we can see him self-imaging himself as the Beloved Disciple. He became wholly caught up in the divine life of God. For him, to have a sense of living in the abiding and absorbing presence of God was the basis of full human life.

To appreciate what it means to be Marist as our Founder imagined it, it behoves us to immerse ourselves in the same Holy Scriptures as he did – pre-eminent among them the Johannine Scriptures – and be affected by them to become an ever more alert, trusting, faith-filled and loving disciple of Jesus. They are central to our spiritual DNA as Marists. There is a lurking danger in a strongly bonded spiritual family such as ours that far too much focus is put on a founder, especially one as inspirational as Marcellin Champagnat. But that would be a huge mistake. We need to go deeper than that. We need to get beyond the simple stories we tell our students, and the easy formulae we use to describe the characteristics of Marist education or Marist spirituality. To be authentically faithful to Marcellin’s path of Christian discipleship, to allow ourselves to be schooled by him as a master of the spiritual life, we can’t settle our attention and energy on Marcellin, but rather we need to allow him to guide us to what shaped and fired him. Read his Spiritual Testament to see that. Read his letters – particularly the Circulars of 1836 and 1837. Read what Brother François – Marcellin’s closest disciple – said about how best to cultivate Marist spirit: begin, he said, begin with a frequent and prayerful reading of Holy Scripture.

“Recta Sapere” To Know, Love and Relish what is Right and Just
National Director’s Address to open the 2015 MSA Conference continued

Ours is a quite affective and mystical spirituality, but one that is also grounded and practical in its expression. One of Marcellin’s favourite spiritual writers was Francis de Sales. It was from him that he appropriated terms such as “presence”, “family spirit”, “simplicity and humility”, and also from him a deep and defining immersion in the Johannine Scriptures. Let’s be affected by what affected him.

To open up the Gospel of John for us we have someone who has been called Australia’s leading Johannine scholar – and that accolade comes from a person who should know: Father Frank Maloney. Dr Mary Coloe is a Presentation Sister, and currently the Head of Biblical Studies at Yarra Theological Union which is part of the University of Divinity, Melbourne. Her permanent and sessional teaching appointments have found her at various times at Australian Catholic University (where she remains an Honorary Fellow), Boston College, the Jesuit School of Theology at Berkley and the Ecce Homo Biblical Institute, in Jerusalem, among others. She is a widely read writer in her area of academic specialisation: the theology, Christology, ecclesiology and spirituality of the Gospel of John, as well as Jewish Christian relationships in the first century, and the world and literature of first century Judaism and Christianity. She contributes as an active member of a range of national and international Biblical assocaitons, among them Studiorum Novi Testamenti Societas.

It is a privilege and a grace to have you with us, Mary. Friends, can I invite you to accord Dr Mary Coloe a warm Marist welcome to our Conference today.

PROVINCIAL’S CLOSING REMARKS

Concluding Words: MSA Conference 2015 Br Jeff Crowe

Thanks for being here, being here together
Thanks for accepting to be a Marist leader
Thanks for your everyday work and witness

What a privilege it has been to be here with one another these past few days Each of us has learnt again how much we have to learn

We are not yet scriptural exegetes but through Mary's work with us we can appreciate better the message of St John's gospel: God's welcome to all to be in God's household, to be temples of the Spirit, living water, for others

The expression 'household' reminds me of the phrase in the early tradition of the Marist Brothers of everyone feeling 'at home', children of the family, enfants de la famille.

In John’s Gospel, the Central theme is acted and then named: foot-washing, the question "Do you know what I have done to you?" and then the words, the new commandment, 'to love one another'. Jesus was into processing, just as you do in service, outreach and immersion experiences.

Another key text for leaders comes when Jesus asks Simon Peter, Do you love me? Feed my lambs. What the lambs need comes from God. Those who love Jesus can provide this.

“Recta Sapere” To Know, Love and Relish what is Right and Just
Concluding Words: MSA Conference 2015 Br Jeff Crowe - continued

In preparing the text “In the Footsteps”, we drew on our experience as Marist educators to express what we understand our experience of God’s mission to be. We are not preachers. We evangelise through educating. We engage with the everyday life of our students and their joys, their struggles and questions. We go further by introducing them to Jesus, to know and love, the human face of God.

We take John 10.10 as key to our vision: I have come that you may have life, life to the full, abundant life. It is the vision of every parent, every grandparent, every teacher and youth worker.

So, we have there our answer to why we do what we do everyday. The phrase could be at the top of every strategic plan. God inspires us gives us hearts of flesh, acts through us, cries and laughs with us, forgives and holds us.

Suggestion: for your contemplation, or lectio divina, take the prayer of Jesus: John 14, 15

Some selected lines: Listen to them spoken to you.

Let not your hearts be troubled; believe in God, believe also in me.

Jesus said to him, "I am the way, and the truth, and the life; no one comes to the Father, but by me.

"Truly, truly, I say to you, you who believes in me will also do the works that I do; and greater works than these will you do, because I go to the Father. If you ask anything in my name, I will do it.

I will pray the Father, and he will give you another Counselor, to be with you for ever,

I will not leave you desolate; I will come to you.

Peace I leave with you; my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.

I am the true vine, and my Father is the vinedresser.

Every branch of mine that bears no fruit, he takes away, and every branch that does bear fruit he prunes, that it may bear more fruit.

I am the vine, you are the branches. He who abides in me, and I in him, he it is that bears much fruit, for apart from me you can do nothing.

If you abide in me, and my words abide in you, ask whatever you will, and it shall be done for you.

Greater love has no man than this, that a man lay down his life for his friends. You are my friends if you do what I command you.

“Recta Sapere” To Know, Love and Relish what is Right and Just
Concluding Words: MSA Conference 2015 Br Jeff Crowe - continued

No longer do I call you servants, for the servant does not know what his master is doing; but I have called you friends, for all that I have heard from my Father I have made known to you.

You did not choose me, but I chose you and appointed you that you should go and bear fruit and that your fruit should abide; so that whatever you ask the Father in my name, he may give it to you.

This I command you, to love one another.

To finish, a prayer from a mystic, Sr Elizabeth of the Trinity:

**Remain in me.**

It is the Word of God who speaks,
who expresses this desire.

Remain in me,
not for a few moments,
a few hours which must pass away,

But remain
permanently,
habitually.

Remain in me

Pray in me

Adore in me

Love in me

Suffer in me

Work and act in me.

Remain in me so you will be able to encounter anyone or anything.

"Recta Sapere” To Know, Love and Relish what is Right and Just
CREATIVE ARTS DEPARTMENT

‘DESIGN AN AD’ EDUCATION PROJECT

As part of our ongoing support of our talented students, our Visual Arts and Photographic Digital media classes at our school will be have the opportunity to participate in this project. Our school has a proud tradition in this prestigious project. Last year from thousands of entries our school won first prize with Year 10 student Varshu Biji, and in 2013, first prize with Year 11 student Elida Gunan. In 2012 our school won both second and third prizes, with Tiarne Davis and Caitlin Stevenson. The Project has been organised by Fairfax Community Newspapers. This year there will be approximately 12000 entries. The project unites local businesses, primary and high schools and the community newspaper to help students engage with their community and to understand the important role that local business plays within a community.

Our school will work in conjunction with a local business to produce numerous advertisements, with some students possibly producing more than one advertisement. The Business owner will select the design that best showcases their business based on the brief provided, and their Advertisements were printed in the Macarthur Advertiser. For 2015, our school has TWO businesses who we are designing advertisements for ‘Carrington’ and ‘Sweet Surprises’ and with the prize money has doubled from last year, so it is worth your while to get involved.

If interested see Mr Peters, the Creative Arts Coordinator for details. You will be given colour handouts, access to Art materials, expert advice and directed to a google drive folder with examples of previous winning entries to get an idea. Our school entries are very well organised, so be in it to win it! All students who enter the Project get merit awards and are included in the school newsletter for the participation.

Mr Stephen Peters
Creative Arts Coordinator

“Recta Sapere” To Know, Love and Relish what is Right and Just
INVITATION

The Principal

MS. KAREN YOUNG

invites

Fathers / Grandfathers / Stepfathers / Carers and Boys/Girls

to attend the

FATHER’S DAY TWILIGHT BBQ

This evening is a special event to celebrate and acknowledge the role that Fathers and male carers play in the lives of our students.

To be held

At John Therry Catholic High School

FRIDAY 4th SEPTEMBER 2015

COMMENCING 5:00pm for Father and Son / Daughter games

Agenda for the night (Fathers are welcome to attend all or part of the evening):

5:00pm Games – Volley ball courts / Shelter Shed / Oval
6:00pm BBQ - Food Technology Rooms and Staff Common Room
7:00pm Conclusion of evening

Attention: Mr Martyn
RSVP - Friday 28th August as catering is required for this event – Please return slip to your Learning Mentor in Learning group.

Student Name: ______________________________
Learning group: ______________________________
Number attending dinner including your child/children _______

“Recta Sapere” To Know, Love and Relish what is Right and Just
John Therry Uniform Shop

The John Therry uniform shop is now officially closed. There are still a number of junior uniform items for sale at discounted prices as well as some second hand uniform.

If you are interested in purchasing any of these items please contact the school office. You can pay over the phone, send money in with your child or call in to the school office in person.

Lowes have purchased the items of senior uniform and sport uniform, including the John Therry sport socks, that we had in stock and will have them for sale in their Macarthur store from this Saturday.

**Please understand that they have limited stock**, but what they have will be in store immediately. They will have all items of uniform available from the beginning of Term 4.

If any parents have any issues with uniform in the interim please contact Mrs Geer via the school office.
The John Therry Catholic High School Uniform Shop has now closed.

Uniform will be available from Lowes Macarthur store from the beginning of Term 4 2015.

We have a number of junior uniform items to be sold and a selection of second hand garments still available. There are various sizes available in each item.

All remaining items will be heavily discounted and are available for sale via the school office. Payment can be made over the phone, through the students or in person at the school office.

The following items are for sale:

<table>
<thead>
<tr>
<th>Item</th>
<th>Sizes Available</th>
<th>Usual Price</th>
<th>Discounted Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Girls Blazers</td>
<td>10 to 26</td>
<td>$180.00</td>
<td>$90.00</td>
</tr>
<tr>
<td>Old style girls blouse</td>
<td>10 to 32</td>
<td>$60.00</td>
<td>$30.00</td>
</tr>
<tr>
<td>Junior Summer dresses</td>
<td>10 to 28</td>
<td>$90.00</td>
<td>$50.00</td>
</tr>
<tr>
<td>Junior Winter Pinafore</td>
<td>8 to 30</td>
<td>$75.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>Boys junior green shirts</td>
<td>10, 20 to 34</td>
<td>$35.00</td>
<td>$10.00</td>
</tr>
<tr>
<td>Boys grey trousers</td>
<td>9 &amp; 11 mens</td>
<td>$50.00</td>
<td>$20.00</td>
</tr>
<tr>
<td>Green Jumpers</td>
<td>24 to 30</td>
<td>$80.00</td>
<td>$40.00</td>
</tr>
<tr>
<td>Grey Socks</td>
<td>Assorted sizes</td>
<td>$6.00</td>
<td>$2.00</td>
</tr>
<tr>
<td>White Socks</td>
<td>Assorted sizes</td>
<td>$6.00</td>
<td>$2.00</td>
</tr>
</tbody>
</table>

If you have any queries regarding uniform please contact Mrs Josephine Geer via the school office on 4645 8100.
### SPORT REPORT TERM 3 2015 Round 3 vs St. Patrick's College

<table>
<thead>
<tr>
<th>Team</th>
<th>Coach</th>
<th>Result</th>
<th>Comment</th>
</tr>
</thead>
<tbody>
<tr>
<td>10-12 Boys Basketball</td>
<td>Mr Wakeling</td>
<td>Won 21-1</td>
<td>After a slow start the boys started to find their groove with some very defensive efforts. A much more controlled second half and some great team moves to finish the game. MVP: Patrick Francis</td>
</tr>
<tr>
<td>10-12 Girls Basketball</td>
<td>Mr Wakeling</td>
<td>Lost 24-6</td>
<td>A great effort by the girls. It was a solid effort given the absence of some of the regular players. A great effort to score some excellent baskets. MVP: Tanya Schuster</td>
</tr>
<tr>
<td>7-9 Boys AFL</td>
<td>Mr Williamson</td>
<td>Bye</td>
<td>Due to playing St Patricks, the AFL boys had a bye round this week. The team stayed at school working on their skills and tactics.</td>
</tr>
<tr>
<td>7 Girls Netball</td>
<td>Mr O’Connell</td>
<td>Lost 37-12</td>
<td>The girls played extremely well and gave an outstanding amount of effort to the game. St Patrick’s College gained a significant lead in the 2nd quarter and John Therry just found it too difficult to bridge the gap in the scores. MVP: Madison Larner</td>
</tr>
</tbody>
</table>

“Recta Sapere” To Know, Love and Relish what is Right and Just
<table>
<thead>
<tr>
<th>Event</th>
<th>Coach</th>
<th>Result</th>
<th>Description</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 Girls Netball</td>
<td>Ms Patterson</td>
<td>Lost 38-2</td>
<td>The JT girls got off to a great start scoring two consecutive goals. However, the team found it difficult to move the ball down the court due to the height of their opposition. The JT team gave their all throughout the game. MVP: Angelica Dela Rosa</td>
</tr>
<tr>
<td>14 Boys League</td>
<td>Mr Morris</td>
<td>Lost 26-22</td>
<td>vs Mt Carmel A great game of footy. Two of the form teams in the competition going head to head. Some great skills on display. MVP: Malek Malual and Faaoli Wulf</td>
</tr>
<tr>
<td>16 Boys League</td>
<td>Mr Baca</td>
<td>Won 50-0</td>
<td>vs Good Samiritan A smashing result. An incredible display of dominance in attack and defence. The boys have made their mark on this competition. Great running from all the boys. Great game Brendan Worley. MVP: Brendan McKenzie</td>
</tr>
<tr>
<td>7-9 Girls Soccer</td>
<td>Mr Chapman</td>
<td>Won 3-2</td>
<td>A back and forth game. All girls gave a great effort, especially being 2 players down. Marley Varela and Ashlee Taff controlled the middle well. Sophia scored two goals, including the winner and Aimme scored the third goal. Great support all round. Excellent keeping by Rebecca Wood. MVP: Rebecca Wood and Sophia</td>
</tr>
<tr>
<td>10-12 Girls Soccer</td>
<td>Mr Goodhew</td>
<td>Lost 1-0</td>
<td>Today we played tough opposition with only nine players as Yr 10 were on camp and Yr 12 were sitting their Trial HSC. Despite this the team defended very well and gave 100% for the whole match. Well done ladies. MVP: Brittany Moon and Natalie Mangal</td>
</tr>
</tbody>
</table>

"Recta Sapere" To Know, Love and Relish what is Right and Just
MISA

John Therry was once again up against a strong opposition with only three wins from 9 games this week. Some excellent skills were on display but even more important than the wins are the pride and respect the players must demonstrate in each game to hold up the name of John Therry.

Mt. Carmel next week. Yet another tough round lies at our doorstep.

DIOCESAN

Diocesan Athletics will take place on 21st August @ Wests Campbelltown. A team meeting will take place next week.

Students are reminded to check their emails for team entry, collect permission notes from the Sports Office and attend all meetings and training sessions over the next few weeks.

NEWS JUST IN

PSSA umpires will be assisting the local primary schools in touch, soccer and netball on Friday 7th August and 5th September. Students who have returned notes will be allocated a week to attend. Meetings will be announced.

Students are to make their own way to and from the respective venues. Carnival competitions will commence approximately 9:30am and conclude at 2:00pm.

For more information on any of the above notices please check out the JT SPORTS PAGE on google sites, or feel free to call on 0438673350.

Mr Jamie Cook
**ADOLESCENT SCOLIOSIS**

**SPINAL CURVATURE**

**The National Self-Detection Program**

*Information for schoolgirls in years 7 and 9 and their parents*

A health promotion program recommended by the Spine Society of Australia. The program is endorsed by the Paediatrics and Child Health Division of the Royal Australasian College of Physicians.

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**WHAT IS SCOLIOSIS?**

Scoliosis is a lateral or sideways curve of the spine. The spine also rotates on its long axis as it curves. It usually develops during early adolescence (age 10-13 years) when growth is most rapid.

**WHAT IS THE CAUSE OF SCOLIOSIS?**

The cause is unknown, but 80-90% of cases occur in otherwise healthy adolescents. This is called idiopathic (cause unknown) scoliosis.

We know that scoliosis is NOT contagious and NOT caused by bad posture, a soft mattress, carrying a heavy school bag or junk food.

**WHY IS EARLY DETECTION IMPORTANT?**

While very small curves are common and of no significance, about 2% of girls have a curve which warrants medical observation during the growth period. Three girls per 1,000 will require treatment during the growth phase. If treatment is required, the earlier it is undertaken, the better the long-term result. This is the basis for screening since in the early stages scoliosis produces no symptoms. The way to detect scoliosis is to look for it!

**WHY THIS BROCHURE HAS BEEN PRODUCED**

This brochure is designed to make parents of schoolgirls aware of the outward signs of scoliosis. From time to time all government and non-government schools in Australia will be asked to download this brochure from [www.scoliosis-australia.org](http://www.scoliosis-australia.org) and to distribute it to girls in Years 7 and 9 (11 and 13 years of age in most states and territories).

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If after reading this brochure you or your parents think you may have this condition, please consult your family doctor.

**WHAT ARE THE OUTWARD SIGNS OF SCOLIOSIS?**

![Diagram of scoliosis](image)

- Head not centred over body
- One shoulder higher
- Unequal gaps between the arms and the trunk
- One hip more prominent
- Spine obviously curved

*Recta Sapere*" To Know, Love and Relish what is Right and Just
HOW SCOLIOSIS IS DETECTED
Apart from the outward signs with a teenager standing as illustrated, the reliable Forward Bend Test is used in the diagnosis of scoliosis. This simple visual examination requires the teenager to stand with the feet together and parallel and bending forward as far as she can go with the hands, palms facing each other, pointed between the two big toes. In scoliosis, one side of the upper chest (thoracic) region or the lower back (lumbar) region will be more than 1 cm higher than the other. The prominence is most often on the right side in the thoracic region. If the difference between the two sides is less than 1 cm, it is highly unlikely that a significant curvature is present and the difference is simply due to asymmetrical growth of the two sides of the body. This is called torso asymmetry and is of no significance.

WHAT ABOUT BROTHERS AND SISTERS?
Scoliosis tends to run in families. When a curve is detected in one member of the family, other children should also be examined by the family doctor. If there is a history of a blood relative, especially a female cousin, having been treated for scoliosis by brace wearing or surgery, then this strengthens the case for spinal examination at a regular health check between 10 and 13 years of age.

Scoliosis which requires treatment is far less common in boys than in girls. The ratio of boys to girls requiring treatment is about 1 to 10.

IS TREATMENT SUCCESSFUL?
Yes, modern methods produce excellent results when a curve is detected early. In most cases an inconspicuous spinal brace is worn. Surgery is needed in only one out of three cases which require treatment.

There is no scientific evidence that physical therapy (exercise programs) and spinal manipulation (chiropractic adjustments) will either correct a scoliosis or halt its progression.

WHAT WILL HAPPEN IF SCOLIOSIS IS NOT TREATED?
The curve may increase unnoticed during the growing years. Moderate and severe curves may also increase in adult life. Some curves may increase with pregnancy. Severe pain, physical deformity and wear and tear arthritis may occur during middle life. Early detection is important for a healthy future.

HOW DO YOU DETECT SCOLIOSIS?
Simply look for it! It only takes 30 seconds.

Visit our website
www.scoliosis-australia.org

©Scoliosis Australia
is a project of

The National Self-Detection Program is supported by

Medtronic

“Recta Sapere” To Know, Love and Relish what is Right and Just
DonateLife Week Sunday 2 August – Sunday 9 August 2015 Have the chat that saves lives. Discover, Decide, Discuss organ and tissue donation.

Last year, 1,117 Australian lives were transformed through the generosity of 378 deceased organ donors and their families who agreed to donation proceeding.

Nearly 4,000 tissue donors helped to improve the lives of over 5,500 tissue transplant recipients, some receiving multiple grafts.

From Sunday 2 August to Sunday 9 August 2015, Australians are being urged to discover the facts about organ and tissue donation and to make and register their donation decision on the Australian Organ Donor Register. Most importantly, we are asking everyone to ‘have the chat’ with loved ones to make sure their donation decision is known.

When making the decision about organ and tissue donation all Australians should ask themselves if they would accept a life-saving transplant if they needed it?

In the same way that we discuss what we want to have happen in the event of our death, we also need to talk about whether we would like to become an organ and tissue donor. It’s a conversation we can have today, that helps prepare our loved ones should they be offered the opportunity to proceed with organ and tissue donation.

With one organ and tissue donor able to transform the lives of 10 or more people, it's a conversation that could one day save lives.

In Australia, the family will always be asked to confirm the donation decision of the deceased before donation for transplantation can proceed. Families that have discussed and know each other’s donation decisions are much more likely to support organ and tissue donation proceeding.

Even if you have previously made a decision about organ and tissue donation, DonateLife Week is a great opportunity to remind your family about your donation decision, and to ask and know their decision. Any day this week is a good day to have the chat with your family and close friends.

Only around one per cent of all hospital deaths occur in the specific circumstances where a person can be considered for organ donation, although many more have the potential to become tissue donors. To optimise every opportunity for potential donation, have the chat that saves lives this DonateLife Week.

DonateLife Week is led by the Organ and Tissue Authority as part of the national DonateLife campaign and supported by community events and activities across Australia. For more information visit donatelife.gov.au

“If you’d say yes to a life-saving transplant … have you said yes to becoming an organ and tissue donor?”
John Therry Catholic High School

June 2015

Dear Parents/Carers,

A Diocesan Religious Literacy Assessment will be administered in Term 3 to Year 8 in all Diocesan Secondary Schools and one Congregational school. The Assessment aims to gather data about the progress of students in relation to the Stage 4 outcomes of the Religious Education Curriculum.

Since the Bishops of NSW/ACT published their Pastoral letter ‘Catholic Schools at a Crossroads’ in 2007, many Dioceses have undertaken external assessment in Religious Education in addition to school-based assessment. In the Wollongong Diocese, the Catholic Education Office (CEO) has worked with the Australian Catholic University (ACU) Strathfield, to develop and process this Assessment.

The Assessment allows students to demonstrate knowledge of and the ability to work with, apply and value the Christian tradition.

How are Students Assessed?

There are two parts to the Assessment:

PART A: Monday 17 August, Term 3

This will be a 60 minute in-class assessment with a variety of questions: multiple choice, matching items, short answers and written responses up to 15 lines. The questions are drawn from the Year 7 and Year 8 Religious Education Curriculum.

PART B: Weeks 1 – 8, Term 3

Students will complete an Assessment on ‘Disciples, Martyrs and Witnesses to the Faith’. They will receive the Task Notification in Week 1, and submit their Presentation in Week 8.
Hello,

Many students start their first job (and lodge their first tax return) while still studying. You can help your students by letting them know the easiest way to lodge this tax time.

We’ve prepared the following summary and attached PDF, which we encourage you to share with your school community.

**Started work? Lodge your tax return with myTax - it’s easy**

*MyTax*

- is the fastest way to lodge
- is easy to access (via tablet, smart phone or computer)
- already includes some of your personal information (pre-filled from employers, banks, government agencies and more).*

**How to lodge**

- Get your tax file number **and** your birth certificate, passport or citizenship certificate ready.
- Create a myGov account at [my.gov.au](http://my.gov.au)
- Phone the ATO on **13 28 61** and press 5 at the prompt to get your unique linking code.
- In the myGov Services page, link to the ATO with the unique linking code.
- Lodge your return through myTax by 31 October.

*Most pre-fill information is available in the last week of July, so it’s easier to wait until then to lodge. Then you only need to review the information, add any missing details and submit.*

**Learn more about tax and super**

- Watch our videos ‘[How to create a myGov account and link to the ATO](https://ato.gov.au)’ and ‘[A quick demonstration of lodging with myTax](https://ato.gov.au)’
- Find out more about lodging your first tax return at [ato.gov.au/firstreturn](http://ato.gov.au/firstreturn)
- Engage your students in their financial future with our free educational resource [Tax, Super and You](http://taxsuperandyou.gov.au)
- Take advantage of our free interactive webinars and in-school presentations covering a range of tax topics - just email schoolseductionprogram@ato.gov.au.

Thank you for helping educate students about tax in Australia.

Regards
Graham Whyte
Assistant Commissioner of Taxation 74866.394318

“Recta Sapere” To Know, Love and Relish what is Right and Just
“Recta Sapere” To Know, Love and Relish what is Right and Just
Our Lady Help of Christians Parish

SACRAMENT OF CONFIRMATION 2015 This Sacrament will be celebrated on Saturday 15th August 2015. It is available to all children who are in Year 6 or above and have made their First Communion. If you wish your child to receive this Sacrament and did not come to the enrolment night last year you MUST attend the first lesson for this programme on Saturday 18th July 2015 commencing at 4.15p.m. Children will participate in small group lessons within the Parish School classrooms. This is the last opportunity for you to enrol for 2015. The programme fee of $25 is also payable at the first lesson. NOTE: If you will be enrolling at the first lesson, then please arrive at 3.45pm to the Parish Meeting Room before the lesson to complete the paperwork. You will need a copy of your child’s birth and baptism certificate. Thank you.

AUSTRALIAN CATHOLIC YOUTH FESTIVAL 3rd – 5th December 2015 in Adelaide. For those from Year 9 through to 25 years of age, and is an excellent opportunity for young people to deepen their relationship with Jesus, be empowered to be disciples in the world today and encounter and celebrate the vitality of the Church in Australia. Contact Seth Harsh on 02 4222 2460 or email: seth.harsh@dow.org.au

CATECHESIS FOR ADULTS aged 16 years and over, continues each Sunday and Thursday, 7.30 – 8.30pm, in the Parish Meeting Room. Babysitters will be provided. You are warmly invited to take this opportunity to come and listen to a team of catechists from the Neo-Catechumenal Way, as they present the Good News. All welcome! PLEASE NOTE: These talks are ongoing and will be continuing for several weeks covering various topics. So if you miss one, don’t think that you can’t come to the next one; you can come to any or all of them as you wish. Contact Fr. Sarkis, 46281385 or Gabriele 0424 051 916 for further information.

CAMPBELLTOWN CATHOLIC CLUB The Annual Mass and Luncheon will be held on Sunday 9th August. Mass at Eaglevale at 10am and lunch at club at 12noon. Tickets may be ordered and collected directly from the club. Cost is $15 per ticket.

2015 SIGNIFICANT MARRIAGE ANNIVERSARIES MASS If you are celebrating 25, 40, 50 or 60 years of marriage this year and would like an invitation to the Mass to be celebrated by Bishop Peter Ingham on Sunday 20th September 2015 at 2.00pm, please contact Helen Bennett 4222 2403/email helen.bennett@dow.org.au by Monday 3rd August and an invitation will be sent to you.

WORLD YOUTH DAY Diocesan Launch 31st July 2015. World Youth Day in July 2016 is being hosted in Krakow, Poland. More information regarding the launch and diocesan pilgrimage available soon. Contact: Seth Harsh 02 4222 2460 or email: seth.harsh@dow.org.au

THE CATHOLIC GUY Each Sunday at 11am at Mount Carmel High School, Varroville, a series of talks on “Building Better Relationships.” This is especially recommended for those who perhaps no longer attend Mass regularly. Why not suggest it to them. It is a way of learning more about our Faith and hopefully, reintegrating into the life of the Church. All welcome.

DEMENTIA WORKSHOP Monday 28 Sept 9:00am-3:30pm at Micah House, 35a Cordeaux St Campbelltown. Exploring the dimensions of Dementia and the effect it has on those with the illness and their families and carers. Information: Carmen Karauda 4640 8515. Registration helen.bennett@dow.org.au or 4222 2403

“Recta Sapere” To Know, Love and Relish what is Right and Just
ST THOMAS MORE SCHOOL FETE
SUNDAY 2 AUGUST 2015
9AM-4PM

FAMILY FUN DAY
C91.3 Road Crew

BBQ
Hot Chips
Hot Dogs
Popcorn & Fairy Floss
Umbrella Painting
Face painting
Crazy Hair
Corn on the Cob
Afternoon Tea

Emergency Services
Snow Cones
NRL ‘Pass the Footy’
Fruit Salad
Art & Craft Stall
Show Bags
Second Hand Books
Onsite ATM

Sand Art
Cakes
Nachos
Petting Farm
White Elephant

WIN A PRE-LOVED CAR DONATED BY
WAKELING AUTOMOTIVE

6 St Johns Road, Campbelltown
(Behind St Patricks College)

“Recta Sapere” To Know, Love and Relish what is Right and Just
Mount Carmel Catholic College Trivia Night

I am writing to invite members of your school community to attend Mount Carmel Catholic College’s next trivia night. If you could please forward the following information onto your students / staff / parents, that would be greatly appreciated.

Trivia night: Mount Carmel Catholic College
When: Friday 21st August
Where: Mount Carmel’s Champagnat Centre
Why: Funds raised will go towards Marist Asia Pacific Solidarity (MAPS) as well as our college’s REMAR youth group.
Cost: $10 per person. Tables of ten are able to be booked, or people can come along on the night and join up with other people.
How: Bookings and tickets can be organised through Mount Carmel’s College office.

If you have any further queries, or would like to assist by making a donation for the night, please contact: cassandra.iler@dow.catholic.edu.au

Kind regards,
Cassandra Iler