



Pope Francis' 10 tips for Lent

By Fr Fred

When people ask me what they should do for Lent, I always turn to Pope Francis as our Lenten spiritual director as he has some great ideas...

1. **Get rid of the lazy addiction to evil** – Lent is a powerful season, a turning point that can foster change and conversion in each of us. We all need to improve, to change for the better. Lent helps us and thus we leave behind old habits and the lazy addiction to the evil that deceives and ensnares us.
2. **Do something that hurts** – Lent is a fitting time for self-denial; we would do well to ask ourselves what we can give up in order to help and enrich others by our own poverty. Let us not forget that real poverty hurts: no self-denial is real without this dimension of penance. I distrust a charity that costs nothing and does not hurt.
3. **Don't remain indifferent** – Indifference to our neighbour and to God also represents a real temptation for us Christians. Each year during Lent we need to hear once more the voice of the prophets who cry out and trouble our conscience. God is not indifferent to our world; He so loves it that He gave His Son for our salvation.
4. **Pray: Make our hearts like yours!** – During this Lent, then, brothers and sisters, let us all ask the Lord: Make our hearts like yours. In this way we will receive a heart which is firm and merciful, attentive and generous, a heart which is not closed, indifferent or prey to the globalisation of indifference.
5. **Take part in the sacraments** – Lent is a favorable time for letting Christ serve us so that we in turn may become more like him. This happens whenever we hear the word of God and receive the sacraments, especially the Eucharist. There we become what we receive: the Body of Christ.
6. **Prayer** – In the face of so many wounds that hurt us and could harden our hearts, we are called to dive into the sea of prayer, which is the sea of God's boundless love, to taste his tenderness. Lent is a time of prayer, of more intense prayer, more prolonged, more assiduous, more able to take on the needs of the brethren; intercessory prayer, to intercede before God for the many situations of poverty and suffering.
7. **Fasting** – We must be careful not to practice a formal fast, or one which in truth 'satisfies' us because it makes us feel good about ourselves. Fasting makes sense if it questions our security, and if it also leads to some benefit for others, if it helps us to cultivate the style of the Good Samaritan, who bends down to his brother in need and takes care of him.
8. **Almsgiving** – Today gratuitousness is often not part of daily life where everything is bought and sold. Everything is calculated and measured. Almsgiving helps us to experience giving freely, which leads to freedom from the obsession of possessing, from the fear of losing what we have, from the sadness of one who does not wish to share his wealth with others.
9. **Help the Poor** – In the poor and outcast we see Christ's face; by loving and helping the poor, we love and serve Christ. Our efforts are also directed to ending violations of human dignity, discrimination and abuse in the world, for these are so often the cause of destitution. When power, luxury and money become idols, they take priority over the need for a fair distribution of wealth. Our consciences thus need to be converted to justice, equality, simplicity and sharing.
10. **Evangelise** – The Lord asks us to be joyous heralds of this message of mercy and hope! It is thrilling to experience the joy of spreading this good news, sharing the treasure entrusted to us, consoling broken hearts and offering hope to our brothers and sisters experiencing darkness.

You probably won't be able to take huge steps forward in all of these areas. Instead, pick a couple that stand out to you and try to find practical ways to grow in your love of God and your love of your neighbour. Which one of Pope Francis' tips sticks out to you the most?

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Pope Francis



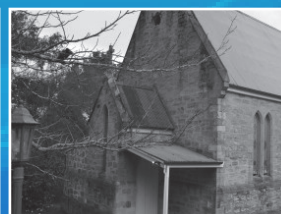
St Matthew's
Bridgewater



St Joseph's
Lobethal



St Matthew's
Birdwood



Our Lady of the
Rosary



St Catherine's
Stirling

Remembering my special friend, Molly

By Fr Fred

After over eight wonderful years, cancer finally took its toll on my Molly. I wasn't sure what to expect. I wasn't prepared for the rush of emotion or the deep feeling of loss. It started less than two weeks before her death, when Molly began to rest all the time, exhausted after our walk. I called the vet on the Friday morning and after initial tests – and despite me hoping against all logic that the vet would walk back in after the tests and tell me it was mild and Molly would be better after a shot – he returned to say he suspected it was bone marrow cancer but needed to do further tests to be absolutely sure.

Returning from Birdwood Mass on Sunday, Molly was not able to get down from my bed. I knew it was coming, but was devastated, especially as it would be difficult for me to take care of her. I called my friends Trish and Leo Dundon and took Molly to their place at Aldinga. The following Friday I got the news I dreaded: she had an aggressive bone cancer and by Tuesday she became very sick.

I left it to Trish and Leo to decide when they thought it was time for Molly to be put down. Eventually, they gave her the first shot, the one that knocks her out. Trish and Leo stayed with her, petting her, telling her how much we love her and fighting back tears just trying to keep her calm until she was out and they were able to give her the final shot.

This was it. Literally, my baby's final moments. When I got the e-mail on Tuesday afternoon I cried and that's when it started. It was denial, anger and bargaining all at once. Wouldn't it be better if she died naturally at home, in her own bed? It's not fair. I just wanted her to get better and come home, but it didn't happen.

Wrapped in a green sheet, we buried her in their garden, a place she liked wandering for lizards and dry bones. The next few days were really hard. I knew when I got her there was a built-in timeline. Barring a tragedy, I was going to outlive her. That doesn't help as much as you think it's going to.

Knowing you did the right thing letting her go doesn't help as much as you think it's going to.

I thought it would make me feel better not having to see her bed or her dishes every day. But now it's just empty.

I can't stop looking over where her kennel is in my bedroom. I can't stop moving my laptop to the dining room table to get the cord out of the way so she doesn't trip on it and knock it off. I can't stop looking down as I pass to see if she needs more water or thinking it's probably time to feed her or the time to go for our usual walk. I can't stop wanting to open the patio door to see if she wants to go out or come in. She loved spending time outside. She would run up and down, especially at night, chasing and barking at the possums. Or sometimes she'd just hang out on the patio and bask in the sun or sniff the air.



Molly was a special friend

When it gets too quiet in the house, my first impulse is to wonder if she's up to mischief. When I come home she was always waiting for me and when I get in now I am so sad she's not there turning around and barking until we go together and sit on the sofa to play with her. She will never be in the kitchen again waiting for her food. I miss having her under the table waiting for a treat while I am eating.

And that's the part I now realise I'll miss most. In her own way, she took care of me just as much as I took care of her.

Holy Week Program

Holy Week should be the most important week in the entire year for each one of us. It should be a week of prayer and meditation, in understanding the events of the Passion of Our Lord. As knowledge of the scriptural account of Holy Week is invaluable, we share the entire Holy Week program in our parish

Palm Sunday – Sunday 25 March

8.30am St Joseph's Church, Lobethal
10.30am. St Matthew's Church, Bridgewater

Mass of the Oils – Monday 26 March

6.00pm St Francis Xavier Cathedral, Adelaide

Holy Thursday – Thursday 29 March

6.30pm St Matthew's Church, Birdwood
7.30pm St Matthew's Church, Bridgewater

Good Friday – Friday 30 March

11.00am Stations of the Cross, OLOR Church, Stirling East
11.00am Stations of the Cross, St Joseph's Church, Lobethal
3.00pm Liturgy of Good Friday, St Matthew's Church, Bridgewater
5.00pm Liturgy of Good Friday, St Joseph's Church, Lobethal

Easter Vigil – Saturday 31 March

7.30pm St Matthew's Church, Bridgewater

Easter – Sunday 1 April

8.30am St Matthew's Church, Birdwood
10.30am St Matthew's Church, Bridgewater
NB There will be no evening Mass at Our Lady of the Rosary, Stirling East



Never a dull moment in the hectic lives of the Farrugias

Our ongoing series on parish personalities takes a family feel this month as we find out more about Fernando and Mel Farrugia and their daughters, Georgia, Arabella, Verity, Harriet and Phoebe, thanks to this account by Mel

It was a heart for Catholic Youth Ministry that brought Fernando and I together back in 2002. Originally from Nowra NSW, 2002 saw me working in the Adelaide Archdiocese for NET Ministries. Operating as a team, we would facilitate retreats in Catholic high schools, share our lives and faith stories and use drama and music as evangelisation tools. Fernando, although a teacher, had been called to accept two Youth Minister roles in Adelaide that year: one in the south at St Luke's Noarlunga Parish/ Cardijn College and one in the north at Gleeson College and the surrounding cluster of parishes.

Fernando's first day as Youth Minister at Gleeson College had the principal directing him to join the Year 8 retreat commencing that day. That was the day our paths crossed and Fernando heard my entire life story as I addressed the Year 8 students! It was like a one-sided speed dating experience for Fernando and apparently, internally, he was looking for where to sign the marriage papers immediately! I, on the other hand, had no idea of his feelings for me for many months and was also committed to NET's policy of not pursuing any new romantic relationships for that year of serving on the team.

As the year drew to a close and our friendship had blossomed in a group setting, it was impeccable timing that just as I had realised I had feelings for Fernando...he delivered his "courageous" conversation (as he refers to it) to me and revealed what he has been dying to say for many months. The rest is history.

As we near our 14th wedding anniversary, it's nice to take time to reflect on all that God has done in our lives. We have been blessed with five daughters, all of whom are completely different and reveal various facets of both Fernando and myself.

It's a joy to watch amidst the highs and lows of the Farrugia household.

Georgia, our eldest, is approaching 13 and has just commenced Year 8 at Mercedes College while Arabella (11) and Verity (8) are in Years 6 and 3 respectively at St Catherine's, Stirling. Harriet and Phoebe, our four-year-old non-identical twins, are at Stirling District Kindy. As I juggle the household, I proudly hold the title of 'Domestic Engineer', while Fernando works full-time at Mercedes College as a Year 6 classroom teacher and Religious Education Coordinator for Years 6 to 10.

Beyond our day-to-day work and school commitments, we Farrugias have a passion for eco living and are trying our best to be zero waste, plastic free and 'no added sugar' free. These endeavours are proving to be both difficult and extremely rewarding. We grow a small selection of fruits and veggies, raise chickens, quails and rabbits, tend to our worm farms and bee hives and compost what we can. We all enjoy fitness at the 5km Parkrun at Mount Barker on most Saturday mornings. I enjoy Zumba and the girls do cross country and swimming and play netball and volleyball. My interests are eco architecture and interior design and I thoroughly enjoy renovating our house whenever I get the chance.

Since moving to the Adelaide Hills in 2011, we have settled in Heathfield and have been a part of the Adelaide Hills Parish (attending St Matthew's in Bridgewater) for those seven years. Fernando and I have served on the PPC for a time and have enjoyed finding a home in the community

at St Matthew's, particularly as the number of families has grown and all our girls can share friendships with their own age groups.



Move over Hi-5, here come the Farrugia Five!



Mel and Fernando with eldest daughter, Georgia

Georgia is a part of the Awaken Youth Group and is serving in Children's Liturgy, Arabella has recently joined the reading roster and all our girls have attended or are still attending the Atrium program in our parish, which has proven to be a beautiful catalyst for their own faith formation.

By far though, our biggest blessing from St Matthew's has been the immense generosity of the CWL in providing rostered cooked meals for our family after the birth of our twins. Some ladies kept the deliveries coming six months post-birth and to this day, I smile at the way God provided for and supported us when we most needed it.

Our home is rarely as clean as I would like it to be and seldom quiet, but we all know we are loved deeply and that ultimately God has us covered.

**"...he delivered his
"courageous"
conversation (as he
refers to it)
to me..."**

THE BRIDGE

Fr Fred's passion for OLOR gets Courier coverage

Fr Fred's passionate fight to restore Our Lady of the Rosary Church in Stirling East to its former glory as a place of worship for Hills parishioners has received a timely boost with a recent article in The Courier highlighting his restoration efforts.

The article, published on 31 January 2018, quotes Fr Fred as saying:

"There were so many who had approached me stating 'that font there is where I was baptised' and 'that church is where we were married' and I realised there was great history here, living history so special to the Hills community. To lose those memories and that heritage would be a terrible tragedy."



The Courier article on Fr Fred and OLOR

Catherine Simes succeeds Phil Schultz as PPC Chair

Catherine Simes has succeeded Phil Schultz as the chair of the Adelaide Hills Catholic Parish's Parish Pastoral Council (PPC).

A two-year veteran on the PPC, Catherine said she stepped up to the challenge after being "tapped on the shoulder" by Fr Fred who asked whether he could nominate her for the position.

"I accepted the nomination because I really want to be a support for Fr Fred, who does so much for our parish. I wanted to contribute in a small way," said Catherine.

She is also encouraged by the group she will lead, describing it as one with "real diversity in representation, both in terms of members from both ends of the parish and in members from many walks of life and professions".

"I'm very conscious of the big shoes I will fill as Phil was a great support for Fr Fred in his time as Chair. He also had a great grasp of not only the workings of the parish but also how the parish fitted into the Archdiocese.

"I think this is what I will find most challenging, especially as any decisions we make as a parish will firstly impact the parish itself, but the ramifications will extend to the Archdiocese too – and that is something I will need to be aware of."

Looking ahead, Catherine believes it is important to continue with the initiatives introduced by her predecessor, with her initial focus being on asking more representatives from the different groups in the parish to attend PPC meetings, provide members with a rundown on what they actually do and explore whether the PPC can in any way provide further assistance.



New PPC Chair, Catherine Simes

"We are also continuing to work through the Parish Renewal plan and I am confident that, as a cohesive and united group open to differing points of view, we will arrive at decisions that best serve the parish and broader community," concluded Catherine.

Passing on our faith to our grandchildren

By Leonie Holmes

I know that many of our members are concerned about passing on their faith to their grandchildren, so I thought I would pass on these tips which I found in a magazine recently.

I am sure that most of you already do all these things but it is nice to know that just by being a caring grandparent we are automatically showing the love of God to our grandies.

- You have a sphere of influence in your family, make it count, think wisely before you speak
- Don't trouble the waters, rather blow wind into their sails so they can move forward

- Teach them that they are made in God's image and likeness and help them discover their personal gifts
- The seeds you plant will eventually bloom as it is your intention and not your grandchildren's attention that counts
- Carry a photo of your grandchildren in your purse or phone or keep it near your bed or on your fridge and pray for them every day
- Pray for your family in your daily rosary: for healthy, faith-filled marriages; for grandchildren preparing for their sacraments or celebrating their birthday or preparing for exams
- When visiting, join in the morning or night prayer routines that your children have established
- When they are visiting, invite them to join in your prayer routines, especially grace before meals
- Create non-materialistic traditions with your grandchildren at Christmas and Easter, with an emphasis on the religious significance
- Plan to visit interstate grandchildren to coincide with Sacramental celebrations of First Holy Communion and Confirmation

Continued on page 5 ...



Drizzly start fails to dampen successful Parish Picnic

By *Renee Johnston*

A cool, cloudy and drizzling morning didn't deter parishioners, along with students, parents and teachers from St Catherine's Catholic School, from attending the annual Parish Picnic at Oakbank Racecourse on Sunday 25 February.

The day began with a welcome from MC Lukas Antoniadis, a teacher at St Catherine's, and an introduction from me as Pastoral Coordinator. Fr Fred then led the Family Mass and was joined by members of St Catherine's School, including APRIM Tanya Stott. The Youth Group provided beautiful live music and after Mass, Fr Fred blessed the food before people settled down to enjoy their BYO lunch. The shared dessert table was a highlight, with those in attendance really making a great effort and one person even commenting that we should produce a Parish Picnic Recipe Book given all of the delicious treats on display!

With lunch over and the sun making an effort to break through, the fun commenced, with the children making the most of the bouncy castle and even Fr Fred having a go!

Our face painter Erin Todor delighted the children by being pretty much able to create any design that was requested – and there were many.

Our Event Games program provided a range of larger than life games such as Jenga, chess and croquet, which the crowd made the most of, although the standout had to be the AMAZING Steve Presto who delighted everyone with his blend of magic, humour and fun. Steve stayed behind after his show to wow the crowd with his balloon animals, while his fantastic assistant Pamela was dedicated throughout the day, providing creative arm paintings for all the children.

It was left to the Youth Group to get the competitive juices flowing with games – or contests – such as the traditional egg and spoon race and the three-legged race, the latter, I can confirm, was won by Fernando Farrugia and Nathan Sachse in a truly athletic display.

There are many who need to be thanked including Fr Fred, for allowing the event to occur, the parish team

for bringing the event together, the CWL for their tea and coffee, the Youth Group for their live music and fun games, Lukas Antoniadis for being the MC, Luke Pike for assisting with our technical needs and Tanya and Kelly-Ann from St Catherine's for supporting the students and the parish for the Family Mass.

Editor's Note: a special thanks to Renee Johnston who led the team in bringing the event together and ensuring it was such a great success.



The Youth Group provided the music – and got the competitive juices flowing...



Magician Steve Presto delighted young and old with his blend of magic, humour and fun



All rugged up for Mass under grey skies

Passing on our faith to our grandchildren

Continued from page 4

- Support them at significant milestones such as graduation and grandparent days and sports days
- Work with teenage grandchildren on history projects to reinforce the Catholicity of their forebears
- Encourage them to come to Mass
- with you if they are staying over
- Invite them to join you in some type of community service
- Send them text messages telling them that you are praying for them when you know they have stressful situations like exams or tests, for
- while you may not like the process of texting, remember that it is their way of communicating
- Try to make yourself available when they invite you over or need your help

Clare O'Dea – multi-talented, strong-willed and always loyal

Clare O' Dea's son **Vincent** delivered the lead eulogy at her Requiem Mass at St Matthew's Birdwood on 5 February, with support eulogies from her other sons, **Peter and John**. Here, we share abridged versions.

Good morning, my name is Vincent, the third son of Nancy Clare O'Dea – or Clare, as we all knew her. Born on 22 July 1930 at Booleroo Centre Hospital in the Flinders Ranges to William Charlie and Annie Florence Abbott, her father wanted her to be named Nancy and her mother Clare, so I guess her mother won out.

Clare was the third daughter born to her parents and the first to survive. In 1932 mum's brother Peter was born and then in 1937 sister Eileen was added to the family.

Her father was a returned soldier from WW 1 and the family ran a mixed farm on a soldier settler block located in the shadow of Mt Remarkable in the Flinders Ranges.

Mum's education started with two years of correspondence school in 1936 before attending nearby Gregory School, an isolated single room school several kilometers from the family farmhouse, until 1942. She rode to and from school on her horse named Shirley. She then went to Cabra College as a boarder and after finishing school in 1948, started training as a registered nurse at the old RAH. After working for a couple of years at the Queen Victoria Hospital, she wanted to see a bit of the world and in late 1953 set off to Europe, where she spent the next couple of years travelling with friends. On her return in 1957, she took up a position as a registered nurse at the Gumeracha Hospital where she met a local farmer by the name of Jack O'Dea who had gone to the hospital to get treatment for a football injury. Love obviously bloomed because they married in 1960 and remained married for 57 years. Mum and dad raised three boys at Retreat Valley on a mixed sheep grazing/orchard farm they ran in partnership with Jim and Eileen O'Dea.

Mum was into self-improvement and liked doing short courses on various subjects. She showed a real aptitude for book binding and book repairs and carried out a lot of volunteer work at the local institute library.

Through the skills that she gained she started working as a teacher's aid at Williamstown Primary and then for a number of years at Birdwood High. The farm was sold in 2000, with mum and dad retiring to Beavis Court, Gumeracha. Far from slowing down this gave mum a really good opportunity to pursue her hobbies, catch up with her friends and continue her involvement in the local community.

Mum was very independent and strong willed. I remember turning 18 and mum telling me that I was going to be a blood donor. This was news to me. It wasn't something to which I had given much consideration and probably wouldn't have but she dragged me along and after the ordeal told me that she didn't care what I did in life but that I would be turning up to give blood every three months - or else. Thirty years later and having seen my father Jack receive transfusions every six weeks for a number of years, I am glad she was strong willed.

Mostly, though, mum was very loyal, maintaining lifelong friendships with those she met at school, nursing, overseas and in the Gumeracha community. Family was also very important to her and even though they didn't always agree 100%, she had a very special bond with her younger sister Eileen.

* * * * *

Hi, I am Peter, the middle son of Clare and Jack O'Dea, and it is my great honour today to share why Clare was such a special person.

Mum was devoted to dad supporting him in the latter part of his life when he required regular blood transfusions for his medical condition and was a constant support during the last two months of his life, visiting him every day at Gumeracha Hospital.

Mum had a great love of reading and books, which she has passed onto her sons.



RIP Clare O'Dea

She played an important role as a volunteer in establishing a library at Gumeracha Primary School, volunteered extensively at Birdwood High School Library and had over 30 years' involvement as a volunteer at Gumeracha Library. She undertook Library Studies and was employed as a School Services Officer at Oakbank Area School and Williamstown Primary School. Bob Brooksby, a former Principal of Gumeracha Primary School who had a long involvement with the Gumeracha Library, passed on a note of thanks from all library workers and teachers who worked with Clare. Mum loved her handicrafts, including card making, tapestry, needlework and sewing. There are many examples of her talent, among them the Birdwood CWL sign on this lectern. Meeting up with friends from her craft groups provided mum with an outlet when dad was sick in hospital and I know that before mum got sick, she had been looking forward to resuming these activities.

A direct and honest person, mum always believed that you should say what you mean and mean what you say. In my case, this was usually prefaced by "Pete, I have a few home truths that you need to hear".

Mum had enthusiasm and a sense of purpose for everything that she did. Long before the concept of a work life balance was fashionable, she was able to make time for all aspects of her life, with dad always supporting her activities and doing a lot of the cooking.



I never considered mum or dad to be old as mixing with people of different ages and undertaking activities they loved kept them young at heart.

Family occasions such as Christmas and birthdays were very important to mum and she was very happy that dad could attend the family Christmas last year. She was also very proud of her sons, her daughters-in-law and her grandchildren and regularly created handmade cards for us with personalised and encouraging messages. Mum had a quick wit and enjoyed a joke. One of the nurses at Gumeracha Hospital who knew mum well would indulge in good-natured banter to keep her spirits up while she was visiting dad and on several occasions mum replied by reminding the nurse that she had worked in the hospital – what's more, she remembered giving him his first bath after assisting with his birth as a midwife.

Mum thank you for being such a good mother. I will greatly miss both you and dad but am very happy that you are together again.

* * * * *

My name is John O'Dea, the first son of Jack and Clare O'Dea...and it seems like only last Monday I was up here making a similar speech!

Mum was involved in many different activities and would involve her sons in these and other pursuits whether we wanted to or not. Taking us to swimming classes in the summer holidays: good; taking us to football training and matches: very good; one year coaching junior tennis and telling me I had to be captain of the team: not so sure; involvement in stamp club: not bad; altar boy for years at this very same church: I did not mind; making sure I got my driver's licence: very good.

Then there was the occasion when she decided I should spend my weekend doing a car maintenance course, which is something I should have seen coming. Ballet classes started up in the Gumeracha Primary School after hours in the activity room, so mum told Peter and me that if we wanted to play football we had to attend as the exercises were good for our football game. You can guess how many other boys there were in the class, although mum may have been wise in her assumptions as both Peter and I went on to play football for over 30 years.

As younger children, we used to push the envelope and mum would bring out the wooden spoon and crack it across our legs to straighten us out.

I owe my hand skills and love of detail and drive to mum as she always used to say that "if you want to make something, you don't want kids tools, use your fathers as he won't mind."

She would encourage me to tackle crafts and do it better; not so with wine making which was tackled using all the fruit available on the farm and the brewed wine taken to high school and shared around. Renovating took in everything from the bathroom, the sitting room and fire place and, even better, the kitchen. Mum did not have any daughters and she was not going to raise sons without home skills so she would show me how to sew a button on, darn socks and tackle other simple sewing, iron shirts and do the cooking. On Saturday nights mum would tell us she was not cooking so if we wanted to eat we had to make it ourselves. This was great; we would get out the pot, defrost some mince, cut up some vegetables and throw in any cans or spices we could find before cooking up something for the entire family.

Mum loved dad, she was especially proud of her three sons and she loved her daughters-in-law and grandchildren. She will be sadly missed by all who knew her.

Birdwood CWL farewells our beloved Clare O'Dea

By Leonie Holmes

The impact that Jack and Clare O'Dea have had on the Birdwood Parish for the last 60 years has been amazing and their passing has left us feeling very bereft. Nevertheless we are delighted that, if we had to part with them, they both arrived together into God's wonderful kingdom. Clare was a foundation member of CWL in Birdwood for the last 55 years and she died with her boots on, as our treasure of a Treasurer.

She was a very active member of the community, taking a great interest in her three delightful boys, especially with their football involvement, washing the jumpers for the whole team for many years.

Clare was known for her reliability and always came early for Mass so that she could welcome everyone as they arrived, handing out the weekly bulletins.



From left to right: Birdwood CWL members Margaret Smitherman, Charmaine Magowan, Anne McEvoy and Carmel Fairbairn attend to the catering for Clare O'Dea's wake

St Catherine's Catholic School News

We welcome back St Catherine's Catholic School correspondent **Tania Stott**, whose first contribution highlights the busy start to the year, with a welcome picnic, visits from Fr Fred, a Shrove Tuesday event and so much more...

New families given warm welcome at evening picnic

The 2018 school year began with many families joining staff at a Welcome Picnic on the school oval on a warm summer's evening. It was a wonderful opportunity to welcome new families and catch up with old friends. As for the children, well, they were delighted to be able to spend even more time with their peers!

Wisdom shared with confidence

On Tuesday of Week 2, those attending the whole school Liturgy were blessed by an impromptu homily from a number of students and with Fr Fred unfortunately unwell, classes were invited to share the ideas and meaning behind each of the visual displays they had made. The Liturgy theme of 'Belonging' had each class responding to a quote on this topic through discussion and the creation of an artwork. It was evident from the students' responses that this activity had been engaging and meaningful to them and they shared their wisdom and expressed their understandings with confidence.

Outdoor activity in focus

The months from February to April are always among the busiest of the school year, with children enjoying the outdoors. All children from Years 4 to 7 will be attending camps and sleepovers in the next three months while the Year 6 students were at aquatics during Week 2 and the Year 7s were in Loxton on the River Murray. Students are also honing their PE skills in preparation for St Catherine's Sports Day, our swimmers are training for the Courier Cup and others for a variety of athletics carnivals as well as tennis and cricket competitions.

Student Restorative Wellbeing Policy launched

As a staff, we have been working and learning together about Restorative Justice, with a focus on the wellbeing of students. Recently, families were invited to the launch of our 'Student Restorative Wellbeing Policy' in our beautiful Treehouse. The policy has taken over a year to develop and refine, with the aim of supporting our students in the choices they make and ensuring St Catherine's is a welcoming and safe place.

Shrove Tuesday a feast of tasty pancakes

Parent volunteers came together to help the school community celebrate Shrove Tuesday. A feast of tasty pancakes with delicious toppings was lovingly prepared and shared with students and staff. The festivities helped us gather collectively as we move into the reflective season of Lent. Finally, thanks to Gill for coordinating this scrumptious event and to all our enthusiastic volunteers.



Parent volunteers cooked up a feast of tasty pancakes on Shrove Tuesday ...



...which were lapped up by hungry and appreciative students



precious moments become precious memories



Parish and school working collaboratively

By St Catherine's Principal, Jason Mittiga

The St Catherine's Catholic School community works extremely closely with the parish and takes pride in all the things we do together. Fr Fred and I meet on a regular basis to discuss issues that affect the school and parish and have formed a team of Tanya Stott, Renee Johnston, Fr Fred and me that meets to discuss upcoming school and parish events and see how we can support each other.

Communication is extremely important and Fr Fred and I have a good understanding of what each other's role involves. Fr Fred is an active member of our School Board and attends monthly meetings as the President of the Board. As Principal, I attend monthly meetings on the Parish Pastoral Council and we now hold all meetings in my office at the school.

The Sacramental Program is led by Fr Fred, Renee, Tanya and our Year 4 teacher, Kelly Ann Kirby and again, we work collectively to support the children in their religious journey.

Our collaboration is further evident in the Masses and Liturgies delivered by Fr Fred at the school every Tuesday, where the children are fully engaged in his entertaining and meaningful homilies. The school also hosts a Family Mass once a term at St Matthew's Bridgewater, with our children doing all the readings and songs. Furthermore, our school is the venue for both the CWL Lunch and the Men's Breakfast each year.

Wayne Broadbridge and his team work closely with the school on the Vinnies program, with St Catherine's contributing to the winter appeal and holding a school sleepover to raise awareness of homelessness in our community.

Vinnies also helps to support families at our school who may be in need and we are thankful for the close relationship we have with the Vinnies team.

Even though we are about five kilometres apart, we do so much to support and work with each other. We value each other and are always working to ensure we are united and on the same page. The parish welcomes the school when we attend Sacraments or the Family Masses and the school absolutely cherishes having the parish attend school Masses, graduation events, grandparent days, concerns and assemblies. We are also fortunate to have some parishioners volunteer at our school and work with those children who need extra support.

2018 Sacramental Program in full swing

Our parish-based, school-supported and family-focussed Sacramental Program is in full swing for 2018, with the candidates and their families having already gathered for a workshop with a focus on remembering our Baptism, the importance of our name and the fact that we, like the saints, have been called lovingly by God.

Candidates have also had the opportunity to attend a Reconciliation Liturgy at St Matthew's in Bridgewater and then once again, experience this special Sacrament. We are grateful to Fr Richard Morris of the Mount Barker parish for joining with Fr Fred to provide this for our children.

The program continued in March with the 'Ritual of Choosing' during Sunday Mass at Bridgewater on 4 March and all are preparing for the final family workshop for the term on Tuesday 13 March when we'll come together at St Catherine's Catholic School to explore Lent and Easter.



The children on the Sacramental Program attended the Ritual of Choosing on 4 March

SA to support World CLC Day with city march for refugees

By CLC member Helen Cantwell

The South Australian region of the Christian Life Community (CLC) hosted the Gathering of the National Community from 18 to 21 January, when it was decided to raise the awareness of CLC and strengthen its activity for justice within the wider community, and encourage members to be more public in their membership of CLC within other organisations working in the areas of priorities of CLC.

These initiatives tie in with the CLC's focus areas of care for the

environment, action against poverty and marginalisation and development of lay leadership and spirituality.

Going forward and with each regional community deciding its own methods of acknowledging and celebrating World CLC Day on the feast of the Annunciation, the South Australian community has chosen to celebrate its 17 March date by encouraging members to join, under the CLC banner, in the *Walk for Justice for Refugees*.

As our members are lay people in the Catholic Church throughout the world, they are not only well aware but are subject to the difficulties faced by people in areas of armed conflict and religious persecution throughout the world.

Hosted by *Justice for Refugees SA and Amnesty International Australia - SA/NT Branch*, the group will meet at Victoria Square on Palm Sunday, 25 March, at 2pm and walk to Parliament House.

Stirling CWL hosts local World Day of Prayer 2018

By Stirling CWL Secretary Pam Broadbridge

With the annual World Day of Prayer (WDP) held on the first Friday of March each year, it was the turn of the Stirling CWL to host the local chapter of this international ecumenical gathering at St Matthew's Bridgewater on Friday 2 March.

The occasion also presents us with an opportunity to pray for and support a country somewhere in the world – and often one we know little or nothing about – with the 2018 focus being on Suriname on the north-eastern coast of South America.

With a theme of 'All God's Creation is Very Good' and against the backdrop of Six Days of Creation and the Sabbath, we were pleased to welcome about 50 people to our church, which included seven women from other local denominations reading parts of scripture. The seven women symbolised all women – the different tribes and areas in Suriname who cherish the gift of creation to pass on to their children. It also symbolised the seven days of God's creation.

Fr Fred worked the overheads and attended to the Bible Reading and the duties of Invited Speaker.

His preparation was excellent and the talk inspiring all of us to be more caring.

He mentioned that we need to reduce waste, eliminate toxic material, use less fossil fuel and use more renewable energy sources

and quoted the late English Anglican priest John Stott when stressing that "we must learn to think and act ecologically. We recognise that human beings find it easier to subdue the earth than they do to subdue themselves."

The Offering was taken up for projects for Suriname, with the WDP SA Committee having decided to support Missionary Aviation Fellowship in Suriname, as well as 'Kids At Risk' as which seeks to care for children at risk of either neglect or abuse, do poorly at school and are vulnerable to targeting by criminals.

Members of the congregation were then asked to complete personal commitment cards on how they might leave the world in a better place.

Suggestions ranged from 'humans need to harmonise with the environment', 'eco justice as well as social justice', 'spend less on material things', 'mirror Jesus' attitude to the environment' and 'care of oceans, water quality and marine animals', to 'recycle and pick up rubbish and



CWL Stirling President Rosalie Jenner, right, passes the WDP candle to Priscilla Irrgang of Sunset Rock Uniting Church in Stirling as the host of the Stirling District WDP service in 2019.

bin, compost and conserve water', 'grow, preserve and freeze organic fruit and vegetables', 'look after all flora and fauna and be aware of beautiful natural environment', 'commit to growing your own food', 'no burning of rubbish' and 'use less plastic, have your own water bottles and coffee take away cups and use less chemicals in cleaning products'.

The morning concluded with tea and the chance to reconnect with our friends.

Special thanks to our own Damien Mansfield who played the organ beautifully and inspired everyone to sing with gusto!

ADELAIDE HILLS PARISH MASS TIMES

St Matthew's Church, Bridgewater

1 Wembley Avenue
Saturday Vigil Mass 6pm
Sunday Mass 10.30am

St Matthew's Church, Birdwood Shannon Street First, Third & Fifth Sunday 8.30am

**Church of St Joseph the Worker,
Lobethal**
Ridge Road, Second & Fourth Sunday 8.30am

Our Lady of the Rosary Church, Stirling East

135 Old Mount Barker Road
Sunday evening 5.30pm

Betty's back and all fired up!

Betty White is back in the kitchen after her Christmas break, the stove is on, the apron too. And she's starting her new year with a delicious Pad Thai, nut fruit clusters and a yummy mint jelly for those lazy lamb roast days

A **Pad Thai** dish to serve four requires:

- 250g of rice stick noodles
- 2 tablespoons of oil
- 1 red onion, sliced
- 2 garlic cloves, crushed
- 1 chicken breast, sliced
- 200g of peeled green prawns, tails intact
- 2 eggs, lightly beaten
- 1/3 of a cup of roasted peanuts, crushed
- 1/4 cup of lime or lemon juice
- 1/4 cup of basil leaves
- 2 tablespoons of brown sugar
- 2 tablespoons of fish sauce
- 2 tablespoons of coriander leaves
- 1 or 2 birds eye chillies, chopped

Prepare the noodles and then drain well after cooking. Stir fry onion and garlic for one minute, mix in chicken and prawns and stir fry for four to five minutes until cooked. Set aside and add egg and stir fry until just cooked. Toss the remaining ingredients and noodles, stir fry and serve sprinkled with coriander.

To whip up **nut fruit clusters**, melt two ounces of grated chocolate in a saucepan before adding half an ounce of butter, one ounce of nuts and an ounce of raisins. After mixing well, add cornflakes to bind the mixture together and place small spoonfuls on baking paper and leaving them in the freezer to set.

Now for the yummy **mint jelly**, which requires:

- 2 tablespoons of sugar
- 1 1/2 cups of vinegar
- 1/2 cup of water
- 1 packet of lime jelly crystals
- 2 teaspoons of gelatine
- 1 cup of finely chopped mint
- 1 cup of semi or sweet sherry

Cook the sugar and vinegar in a microwave or stainless steel saucepan and stir to dissolve. Sprinkle over the jelly crystals and gelatine, stir until dissolved and mix in mint and sherry. Refrigerate until set (stir through mint if necessary).

Now for a couple of handy hints to close. When making **icing for a cake**, add a dessert spoon of condensed milk to the mixture as this will make the icing firm but soft enough to spread and it won't crack either. Buying **unwashed potatoes** is cheaper, and it's easy to clean them quickly by popping them into the dishwasher on rinse cycle.



Our Lady of the Rosary Church



Is an attractive, historic (1881) stone church in a lovely garden setting.

It is available for weddings.

The church has seating for eighty to a hundred.

To make a booking or to enquire, please call the Parish Office on 8339 1608.

Don't Miss the

DEADLINE!

Deadlines for forthcoming issues of The Bridge

If you're planning to submit something to The Bridge for the next three issues of the year, please note the following deadlines:

- April – Friday 30 March
- May – Friday 27 April
- June – Friday 25 May

Thank you.

Paul Robinson and Jeremy Roberts (co-editors)
Estee Fiebiger-Briggs (graphic designer)

This directory is constantly changing. If you want to volunteer for any of the Parish activities please contact the Parish office.

1 Wembley Ave (PO Box 718), Bridgewater SA 5155.

P: 08 8339 1608

W: www.adelaidehillsparish.com.au

E: adelaidehillsp@ozemail.com.au

Parish Priest

Fr Alfred Farrugia 8339 1608

Pastoral Coordinator

Renee Johnston 8339 1608

Parish Secretary

Therese Franco 8339 1608

Baptism Teams

Helen Cantwell 8390 3290
Maria Thompson 8388 7742
Anne Moore 8568 2800
Sue Streich 8568 2858
Deb Stapleton 0408 835 990
Pam Broadbridge 8339 5013
Claudine Clark 0404 209 247
Orma Paine 8339 7690

Catholic Women's League

Rosalie Jenner (Bridgewater) 8370 8252
Anne McEvoy (Birdwood) 8568 2394

Child Protection

Teresa Hudson 8301 6629

Children's Liturgy

Jane Van Mierle 8339 2609

Choir

Damien Mansfield 8339 4133

Christian Life Communities

Helen Cantwell 8390 3290

Finance and Maintenance Committee

Chairperson - Paul Howe 8388 5281
Birdwood Contact
Leon & Leonie Holmes 8568 2319

Forest Friends Playgroup

(Monday mornings, St Catherine's School)
Emma Bear 8339 2222
Mel Farrugia

Hills Combined Christian Churches

Rosalie Jenner 8370 8252
Leonie Holmes (Northern Area) 8568 2319

Liturgy

Bridgewater - Renee Johnston 8339 1608
Birdwood - Fr Alfred Farrugia 8339 1608
Lobethal - Fr Alfred Farrugia 8339 1608

Men's Spirituality Coordinators

Paul Somers 8339 5118
Dan De Fazio 8339 3393

Music Coordinator

Sean Van der Linden 8339 8195

Our Lady of the Rosary Community Rep

Debbie Somers 8339 5118

Parish Atrium

Sue Sachse 0431 117 840

Parish Pastoral Council

Chair Philip Schultz 8339 5025
Secretary Christine Farrugia 0467 426 360

Prayer Group

Christina Way 8339 1825

Sacraments

Please contact Parish House 8339 1608

- Baptism
- Weddings
- Reconciliation
- Communion to the sick
- Religious Education

St Catherine's Catholic School

22 Ayers Hills Rd, Stirling SA 5152 8339 2222
Principal - Jason Mittiga
School Board Chair - David Hutton

St Matthew's Sewing Group

Stasia Duszynski 8339 4396

St Vincent de Paul Society

Martin Klavins 8370 8156

Social Justice Group

Kevin & Liz O'Leary 8131 0303

WHS Volunteer

Marianne Berry 0407 903 382

Youth Group

Sam Sachse and Renee Johnston 8339 5891

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