

UNDER^{the} SOUTHERN CROSS



THE NEWSLETTER OF THE SISTERS OF THE HOLY FAMILY OF NAZARETH - HOLY SPIRIT PROVINCE IN AUSTRALIA | NO 22/ NOV 2019

GRATEFUL HEART

*Rejoice always, pray continually,
give thanks in all circumstances.*

We have so much to be grateful for in this life! But sometimes our constant life demands, busyness, struggles and daily worries stop us from being people of thankful hearts. The Bible is filled with many reminders on how powerful and peaceful a thankful heart could be. In Psalm 107, we read "Start each day with a grateful heart." How encouraging it is!

When I began my new journey as Provincial Leader for Holy Spirit Province in Australia, I started it with a grateful heart. I am grateful for the trust the Sisters have in me and I put my trust in God's hands. I know I am not alone because my Sisters are with me and we are going to walk together.

I wrote in my first circular: *"The power of love is power of relationship. Without relationship between us and God, we would not be able to learn how to love and we would never experience what means to be loved"*. There are many unknowns ahead but I am sure God's grace is ahead of my doing and His love

endures forever; the love of our sisterhood endures forever.

When I look throughout this passing year, I see many God-moments in my life and in the life of our Province. It gives me the assurance that God is righteous in His love for us. It is my pleasure to share with you some God-moments in the life of Holy Spirit Province. I hope you will find our *Under the Southern Cross* inspirational and joyful and that it will nurture your soul.

Dear Friends, as we come to the great celebration of Christmas and the Holy Family Feastday, we offer our prayers in your intentions. We wish that Emmanuel – God with us – will fill your hearts with joy and peace.

God bless you at this Christmas and always.
May the Holy Family bless and protect your family.
Merry Christmas!

BY SR MARGARET KOZUB



INSIDE THIS ISSUE

GRATEFUL HEART..	1
THE PILGRIMAGE OF JOY AND YOUTHFUL SPIRIT	2
WHERE R U GOING?.....	3
MY PEACE I GIVE YOU	4
LORD HAVE YOUR WAY IN ME	5
I DON'T KNOW IF I WILL EVER WRITE AGAIN.....	6
INVISIBLE TO INVINCIBLE & THOUGHTS.....	7
GOD'S GIFT TO ME	8
LOVING KINDNESS	9

GENERAL AND PROVINCIAL CHAPTER	10
VISIT FROM ROME; NEW AUSSIE & PERTH.....	11
THANK YOU, GOD BLESS AND SEE YOU SOON	12
FAREWELL TO WA & SILVER JUBILEE.....	13
TRAVELLING HOPE & ONE HEART MANY VOICES 14–	15
WHAT'S HAPPENING IN POLISH SCHOOL.....	16
SUMMERTIME WALTZ.....	17
ANOINTED AND SENT	18
IN LOVING MEMORY OF MARY RUDD	19
REMEMBERING OUR RESIDENTS AT HOLY FAMILY	20

THE PILGRIMAGE OF JOY AND YOUTHFUL SPIRIT!

This year I had the privilege of participating in the pilgrimage to Panama for WYD19 through Mexico. The first week we stayed in Mexico, where we spread our mission. It was truly an unforgettable experience. I was most touched by the vulnerable elderly in an aged care facility provided by Caritas Mexico. Facing great challenges, the staff attended to the needs of the residents many of whom were homeless or rejected by their families. I came expecting to serve food and minister to them, but at the end I was the one who was nourished by the experience. Despite language barriers I was able to witness an authentic expression of the love of Jesus. Seeing the residents' faces light up when we prayed and played together was truly memorable. In the words of St Mother Teresa of Calcutta, 'Peace begins with a smile'. I am able to share and experience the joy of Christ's love through a simple smile.

Before going to Panama we visited and prayed in the sanctuary Our Lady of Guadalupe. We departed from Mexico to Panama on Sunday (via the United States) for the beginning of World Youth Day 2019 that would start on Tuesday. Despite obvious tiredness from long days, jet lag and early morning starts, we were in good spirits throughout the journey. Despite several unpleasant flight delays, we all arrived safely and in good spirits. On Sunday evening, we arrived finally in Panama. Panamanians welcomed us really warmly. Panama City was very busy. It was preparing for WYD19 and the coming of Pope Francis. We could hear different languages and met different people everywhere we went. In this crowded place I met a Belarusian group. It was a big surprise for me. I felt really spoiled by God.

Catechesis for the Diocese of Parramatta pilgrims began. The catechesis events ran over three days during World Youth Day, catering to specific languages. We had the opportunity to meet and interact with pilgrims from other countries. Each catechesis had time for worship, interaction, a talk given by a Bishop, and completed by Mass with a homily. The catechesis aimed to help youth for discernment vocation. Speakers were really good and had open hearts. They tried to show the young people how important it is to be happy in their life and open their heart for Jesus during discernment. Roads were closed and the Panama City streets came to a standstill for many pilgrims. Despite the delays, Panama-

nians waved and shouted joyfully "Bienvenido" along the route. They handed out bottles of water and sprayed garden hoses to refresh us from the stifling equatorial heat. Pope Francis joined the pilgrims for a night of prayer, song and Eucharistic adoration for what is considered the highlight of the World Youth Day week. In his Sunday homily during the final Mass, Pope Francis urged us to respond to the call of God and not to rely on others to make a difference "Dear young people you are not the future but the now of God. He invites you and calls you in your communities and cities to go out ... to speak out and realise the dream that the Lord has dreamed for you".

Referencing the theme of the World Youth Day 2019, *"I am the servant of the Lord, be it done to me according to thy word"* he asked pilgrims to model their lives of Mary's saying *"Mary dared to say 'yes' to take part in this now of God."* The final day of the World Youth Day 2019 pilgrimage for the Diocese of Parramatta pilgrims was marked with a day of reflection and contemplation, culminating in a final Mass at our retreat at Stoney Creek Ranch, two hours out of Houston, Texas.

BY SR PAULA VOLCHEK

FOR FULL STORY GO TO: csfn.org.au



*Światowe Dni Młodzieży w Panamie
wywarły wielkie wrażenie na Sr Pauli
i Christine, które reprezentowały
Australię z Diecezją
Parramatta.*



WHERE R U GOING?

This was the theme of our recent vocations retreat, "Compass of Discernment", which was held from the 27th - 29th of September in our convent in Plumpton. Sisters joined four young women for times of reflection, prayer, fun and fellowship. What did this retreat mean for us? Let's hear from our participants...

The Lord brought us all here for a reason and your hospitality, each of your unique down-to-earth characters has shown me we can experience the fullness of God's joy even in the smallest details of our daily life. (B)

This retreat has helped me understand God's calling more and has given me some very helpful steps to find out what it is. (J)

I loved the overall experience of being and "coming and seeing". The retreat showed me that the community was

real, genuine and helped me have a taste of following Christ. (A)

Being with other ladies who are in "somewhat the same" journey was very encouraging. I am not alone! (C)

I never expected it to be so encouraging for me to really consider my vocation and not lay it aside. (B)

The highlight for me was Adoration. (J)

The best part was seeing how active and alive the order is, that there is HOPE! (A)

Maybe I could try a little bit more to be courageous with my next actions. It is ok to fail because He'll be there for me, that if I close my eyes and let Him take the lead in this "dance" He won't let me fall. (C)



MY PEACE I GIVE YOU



On February 16, 2019, I experienced the most significant moment of my life. I made my first profession of vows as a Sister of the Holy Family of Nazareth. In the weeks leading up to the profession date, I was filled with joy and excitement; I was so excited to be committing myself so publicly and concretely to God. I was looking forward to connecting and sharing the day with my family, with my sisters and with other special people in my life.

The day of my profession I felt surreal. I felt sort of like I was in a daze, but also that I was very excited to see my family. Great joy filled my heart when I walked to the church and saw them waiting for me there. As the time moved closer to the beginning of the Mass, I felt more and more nervous. Just before the Mass began, I found I really had to sit down and take some deep breaths. Until that moment, I had been more preoccupied with the smaller tasks of organising the ceremony. The gravity of what I was about to do simply hit me in that instant.

Perhaps the greatest moment occurred as I was called to stand and express my desire to make vows in my congregation. As I stood and began to walk towards the altar, I was filled with a great calm. I felt very clearly that Jesus was waiting for me at the altar, that he had been waiting for me for a long time, and that he was giving himself to me as I gave myself to him. His words to his disciples, *"Make your home in me as I make mine in you"* (John 15:4), have great meaning for me and

were a significant part of my ceremony; in that moment, I felt as though Jesus was saying these words to me. It was an incredible moment, leaving me feeling peaceful and loved. After that experience, the rest of the ceremony – even saying my vows – was very simple. I felt a strength inside of me, and a deep peace. I have held on to this peace since my vows, through the excitement of seeing my family and spending some holiday time with them, to my transfer to a new community and the beginning of my new ministry. This time of change, challenge and new beginnings has been chaotic and busy, but I want to simply cling to that peace which I felt given to me by Jesus. He is the calm centre in the midst of the storm.

BY SR SOPHIE BOFFA

FOR MORE PHOTOS AND VIDEO GO TO:
csfn.org.au



LORD HAVE YOUR WAY IN ME

Lord, organize my time, organize my day
Let me live in Your presence,
let me walk in Your way.
There's so much to say Lord,
there's so much to do,
But whatever I do and say Lord,
let me do it with you.

I pray that I may see You face
in every person I meet,
I pray that I may hear Your voice,
in each person I greet
I pray that may my heart be tender,
open and longing for You
I pray that I may have compassion
and love for other too.

Lord, may I respect and love them
no matter who they are,
Lord help me walk that extra mile
even when it seems too far,
Lord, I want my thoughts and actions
to reflect Your love and care,
I'm longing for Your light to shine,
for people everywhere.

Lord, I'm but a speck on the ocean,
only a dot on the sand,
I'm willing for You to use me,
So, reach down and take my hand
Together, together Lord
we will walk on this land.

BY SR RITA APURA



*Dalangin ko po Panginoon, na maging
bukas lagi ang aking puso sa pagsunod
at pag tupad ng aking binitiwang
pangako sa iyo.*



I DON'T KNOW IF I WILL EVER WRITE AGAIN

It has been almost a year since I created this blog. Every fortnight I would excitedly write and post a new article. This time though, some people have started asking me why I haven't written a new one. It has been over a month, they reminded me. I don't have million readers but I always thought that if I could have just inspired a small crowd of people, I would be very happy – and I am. Lately, though, I questioned my own ability in writing. I have been a little doubtful whether I am good enough as a writer. As I recall, there have been many topics in mind which I wanted to share and there were some thoughts which stopped me from sharing. Is there any value in my shared reflection? Do people truly feel inspired by what I have written so far? Because as for myself, the process of writing itself, such as searching and considering topic of article, writing it down and posting it always gives me a great joy, and I truly value working on improving every sentence and paragraph, or articulating my thoughts more clearly. However, at the same time, I know that there are many great writers out there, people whose words flow beautifully, whose thoughts are concise and inspirational. Compared to mine – sometimes even the topics I covered turned out to be unoriginal. I thought, unbelievable! there is always someone somewhere out there who has already spoken, written, or shown about the same ideas as mine. So, what's the point?

To write something good is not easy, every writer knows this fact. Even people with great talent do need to spend considerable time on their thoughts, sharpen their mind, polish their creation again and again like a piece of rough diamond to a beautiful piece of jewelry. My best friend, who is a good writer, experience it a lot. Sometimes some texts which I think looks great and perfect, to her eyes would still be a rough edge needing polishing.

Creating something in writing requires a lot of thinking and pacing back and forth, careful choice of words, evaluation, rewriting, rewriting, sleeping on it, and...rewriting again after

(cooking instead, or gardening or watch TV), before finally reading and reading it again before you read it on my blog. From a draft to finished post is a genuine hard work. It is, I agree, 90% hard-work, 10% talent. I hardly ever have first-written article that is ready for sharing without some cosmetic changes, if not a major make over . Am I a bad writer? Don't I have a real talent in writing? Should I give it up all together and take up...cooking instead? The answer is NO to all, because who I am matters, and what I do, no matter how small and imperfect, is my own, and this is me. Whether many don't or do like my work, God will always like what I do if I do it sincerely for others. He has given me ability, this much, so much, and I will continue using it. We want to share and contribute to the word through our stories. We love positive messages; and can't get enough of them. We connect through WORDS, one of many ways of expressing who we are. We rediscover in our time and moment what has already been discovered by others in their own time. In THE STORY OUR LIFE, OUR STORY MATTERS. Its originality comes from the fact that it is OUR OWN UNIQUE STORY. If we do see similarities with others, it only means that we are all connected, we are living in the context of relationships which shape our life.

Today, if you read this post, we have connected. Maybe tomorrow, if you decide to share your story, my post could be a part of yours. Your simple words in a ripple effect can be an encouragement and inspiration for someone else as well. So, don't wait till you are (or your writing is) perfect to start writing. Others are waiting for yours. I for sure will write something again next time. Never give up!

BY SR GRACE
ROCLAWSKA

FOR MORE ARTICLES
GO TO:
seekinggodsgrace.com



INVISIBLE TO INVINCIBLE

One of the most enriching experiences of my ministry at the Institute for Mission (ifm.org.au) in 2019 was creating, organising and presenting workshop across the Diocese of Parramatta which was prepared for the parishioners over 50 years old, called "From Invisible to Invincible—Embracing God's gift of years". The workshop, with the feel of mini- retreat upacks the stories of people's life, leads into finding and re-defining our Baptismal call, proposes some tools for the journey into second half of life, helps people to learn centering prayer. This is what some of the participants shared about their experiences:

I have been inspired and found companionship with the trees of life symbol

I felt encouraged and inspired

What impacted me the most is the sharing of people's stories

Very relevant topic for me for deep spiritual growth and formation.

I liked the aspect of some personal sharing of struggles to be real and support each other. Very meaningful.

The most impacting part for me was the journey of finding oneself and allowing God to be the centre of our lives in prayer.

BY SR GRACE ROCLAWSKA



To get something you never had,
you have to do something you never did.
When God takes something from your grasp,
He's not punishing you,
but merely opening your hands
to receive something better.

BY SR RITA APURA

CONTACT US

WANT TO CONTACT US MORE OFTEN?

We're only a click away!

www.csfn.org.au

The Congregation of the Sisters of the Holy Family of Nazareth is an international apostolic congregation founded in 1875. Sisters live and serve in over 160 communities in 14 countries on 5 continents. The Generalate is located in Rome, Italy.

www.nazarethfamily.org

Check out our Facebook page for the Holy Spirit Province. We post regular updates on important news and events happening in our Province, in our Church, and in our world.

www.facebook.com/csfnaustralia



GOD'S GIFT TO ME



This year, I began my first ministry as a Sister of the Holy Family of Nazareth. Since April, I have been working full-time as a chaplain in Westmead and Blacktown Hospitals. You might be wondering: what does a chaplain do? Well, I have different responsibilities: accompanying patients with listening, prayer, and whatever else they might need; providing pastoral assistance to staff and family members; conducting and assisting at liturgies, services, and prayers after death. I look at my ministry as a tremendous privilege and a wonderful opportunity for growth and transformation.

When I share with people that I am a chaplain, more often than not I hear comments like, "That must be such challenging work (especially for someone so young)", or "It takes a special person to do a job like that".

Yes, my work is sometimes very challenging. Sometimes the patients I meet are in deep suffering, physically, spiritually, emotionally. Sometimes it is difficult to have a conversation with them, because of the depth of their illness. When I began my ministry, I did feel a bit out of my depth. I am young, inexperienced, and have lived a life which has been without deep suffering. How could I fathom a pain which I have not experienced? When people would ask me how work was going, I would tend to use the words "challenging" and "difficult" to describe it.

I really believe it is through God's grace that I can now confidently say my work is much more rewarding than it is challenging. One of the greatest, most unfathomable gifts a person can ever give you is their trust. I don't think I really appreciated that until I started my ministry. Every time I go to someone's bed and they allow me to sit down and then share themselves with me, they are saying "I trust you". They are completely free to dismiss me, yet they invite me, a stranger, into their lives. This is something that happens for me every day and it is something I am now learning to treasure with gratitude rather than to take for granted.



LOVING KINDNESS

Spending the majority of my time with people who are sick, handicapped, or dying has required that I need to be in contact with my own sicknesses and handicaps. Sometimes a patient will share something of themselves which strikes me at my heart's core. My ministry requires that just as I approach patients, listen to them and spend time with them, I must also approach, listen to and spend time with my inner self, especially the parts which are sick, handicapped, dying. I can't avoid this part of myself if I really want to help others and to bring the love and joy of Jesus to them.

Each day, I am so grateful for the ministry which I believe God has entrusted to me. It is a ministry much greater than I am. Before I start my daily visitations, I ask for strength and for a joyful heart. I really believe God journeys with me around the hospital and invites me to be open to Himself working in and through me. God's goodness and presence are so visible in joy. I have really learned not to underestimate the power of a genuine smile in helping someone to feel loved, appreciated and cared for, by me and by God...and helping another person to feel these things gives me the greatest joy, too. Thank you, God, for the gift of my ministry!

BY SR SOPHIE BOFFA

*Ikaw ay Dakilang Ama na
nagmamahal at may malasakit sa
iyong mga nilikha.*



Each day is a song
to your loving-kindness.
The melody sounds in the waking earth,
the breeze of the morning,
the call of the birds,
the brilliance of the earth turning to the sun.
I listen to the harmonies
of a gentle smile
of a word of encouragement
of a gesture, a touch
of generous love.
Each of my breaths is music,
each heartbeat keeps pace,
each movement in time
with the love of You,
with Your loving-kindness,
flowing through my veins.

BY SR SOPHIE BOFFA

GENERAL AND PROVINCIAL CHAPTER



*С. Люцина выбрана в
Генеральный Совет на
должность
экономки.*



Sr Lucyna has been elected as the
General Treasurer.



Sisters present at the Provincial Chapter prior to the appointment of the new Provincial Administration in Australia.

A VISIT FROM ROME



NEW AUSSIE



Новая громадянка Аўстраліі.



CELEBRATIONS IN PERTH

Sr Margaret visited Our Lady of Grace School, Perth on the occasion of the feast of our Mother Foundress and the blessing and official opening of Our Lady of Grace School classroom and Early Years Redevelopment. Perth.



THANK YOU, GOD BLESS AND SEE YOU SOON

In August we farewelled our Provincial Leader, Sister Lucyna Fraczek who was elected as the General Treasurer and moved to our Congregation's General House in Rome. We are very grateful for her ministering in our Australian Holy Spirit Province for 16 years and in our Congregation for 33 years. In Australia Sister was involved in different ministries such as Age Care, Parish, Provincial Treasurer and Provincial Leader. Sister Lucyna served Sisters and people in many ways with faith, enthusiasm, dedication and passion. She embraced many hearts with love and a smile. Our wishes for our Sister Lucyna:

*"May the road rise up to meet you.
May the wind be always at your back;
May the sun shine warm upon your face;
the rains fall soft upon your fields and until we meet
again, may God hold you in the palm of His hand."*

The presents Sister Lucyna received, had a very funny and entertaining aspect to them. Sr. Margaret describes...

"Before you leave for Rome, we would like to give you some special gifts which will remind you of us: Knowing the beautiful weather in Rome means hot and humid, you need a **very fancy Italian fan** for when you are praying in the chapel. It will also come in handy when you are waiting for a bus for over an hour!

We presume that in your new role you will be attending many meetings, so when you are tired and have had enough, put on these **special glasses** and have a nap. If there is too much noise, use these **ear plugs**. **Australian Dollar Souvenir Note pad** – for when you need money for a cup of coffee. You also have to learn to drive in Rome... good luck with that! The most famous **Kangaroo Australian road sign** is to help you remember Australia. As treasurer you need to carry money to the bank, so we have a **special handbag** just for that occasion.

Finally, we know how much you are going to miss us all, so here is the **latest mobile phone** with all the trimmings so you can call us any time. Dear

Sister Lucyna, again may God bless you abundantly on your new journey."Our prayers will support our Sister Lucyna in her new responsibility in Rome and spiritual growth as a follower of Jesus in our beloved Congregation.

FOR MORE PHOTOS AND VIDEO GO TO:
csfn.org.au

This article is based on an actual farewell talk given by Sr Margaret Kozub at the last dinner with the Sisters in the Province.



*W sierpniu pożegnaliśmy Sr Lucynę
Frączek, naszą Prowincjalną, która została
wybrana na Ekonomkę
Generalną.*



FAREWELL TO WA

Around twenty-four years ago, Sister Bozena, the Provincial of the Name of Mary Province, Krakow, asked me if I would go to Australia, adding "Please do not say no!" Three of our Sisters left Warsaw in the depths of winter and arrived in sunny Sydney. We stopped in Sydney for a few days as part of our induction to the country. Within a week, I had arrived in Perth and was working full-time as a "Teacher Assistant" at Our Lady of Grace, our private school in North Beach. The beginning was challenging as I was immersed in a new language, surroundings, culture and people. There was even the practicalities of learning to drive.

With God's grace and the support of the community including Sisters, Parish and School; I undertook further study and achieved all required qualifications that prepared me for teaching and later counselling at Our Lady of Grace.

In 2018, I followed the Lord's call presented through Sister Lucyna, the Provincial of the Holy Spirit Province, to come to New South Wales. Before leaving Western Australia, I was warmly and gratefully farewelled by my Sisters, staff members, parents, students, choir and all those I worked with and ministered to. I am truly grateful for the opportunity to have served the Lord and his people in Western Australia and they will always have a special place in my heart and prayers. In January, I arrived in Maitland, New South Wales with an open heart to my new posting at St Paul's Primary School, trusting that this is where God's abundance of grace is waiting for me here and now.

BY SR JOSEPH MAZUR

FOR FULL ARTICLE GO TO: csfn.org.au



SILVER JUBILEE

As a province the 60 years of Sr Lois Ann and my Silver Jubilee of religious life we celebrated during our Annual Province Gathering in Baulkham Hills. When the days of the 25 years of my religious life, 22 years after my first vows and 16 years after my final vows came, I renewed my vows during the Holy Mass celebrated by Fr. Ruben Elago at Blacktown Hospital in the presence of the volunteers of Eucharistic ministers on Friday 27 of July, and day after on Saturday in Plumpton 28 of July during the Mass celebrated by Fr Henryk Zasiura with few friends and Sisters from my community. When I think about my life of following Jesus, I see it as a pilgrimage, as a way to move forward with Him. I went for the Aussie Camino organized by Luke Milles from Portland to Penola. With other 6 pilgrims we followed the footsteps of Saint Mary MacKillop meditating about her faith and life. The way was challenging and beautiful at the same time. Walking throughout picturesque beaches, coastlands, countryside and during the walk building relationships with other pilgrims, sharing faith, stories and thoughts were very enriching for my soul. Gratitude for my life, vocation, relationship with God was the main purpose in my Aussie pilgrimage. During the way I felt the connection with Australia in the meaning THIS IS MY LAND, THIS IS MY HOME. The pilgrimage finished yet memories are still alive.

BY SR BOGUMILA MALIKOWSKA

FOR FULL ARTICLE GO TO: csfn.org.au



TRAVELLING HOPE

As we go on in life, we become increasingly aware of how fleeting life is and how precarious is our hold over it. In spite of ourselves we become familiar with the thought of death. But this need not be a negative or morbid thing. In fact, it can be a very positive thing. However, in my ministry to the sick and the dying, this thought of a positive approach to death is at times not as easy as it sounds for both the patient and the family.

The month of November holds great memories for me and is a time to especially reflect on and reminisce about the life generously shared by my loved ones, families and friends and the people I knew who became part of my journey and are now enjoying peace in heaven. Only this time in my life, with the privilege of knowing and understanding a little about death, I have come to appreciate the nature and the gift of our borrowed existence and furthermore the gift of what is to come...the eternal life.

On the first and second of November, the Church invites us to celebrate the feast of All Saints which is followed by the celebration of All Souls' Day. It is a beautiful occasion marked in our Church's calendar where we can lock in two days of specially commemorating these feasts. Every time we pray the Creed, I joyously utter the words: 'The communion of Saints, the forgiveness of sins, the resurrection of the body and life everlasting Amen!' They are such hope and profound comfort for each one of us. This is our sure hope... God is the God of the living. We are his children. He made us for life, here and hereafter.

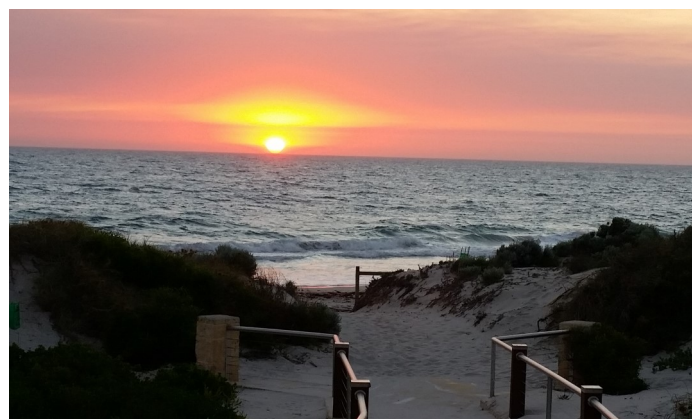
Visiting the graveyard during this time; stopping at the tombstones and praying for the soul of the person, I cannot help but to

think about death that can result in a true love of life. When we are familiar with death, we accept each day as a gift. And when we accept life bit by bit like this, it becomes very precious.

By facing our mortality, we are put in touch with that other life, eternal life, the seeds of which have been planted in our hearts and souls. Death as we know is the passage to a new life, which utterly transcends the life we know now. This sounds beautiful, but that doesn't mean it's easy. The thing that best helps us to confront the reality of death is our Christian faith. Faith enables us to face death with courage and hope, because we know we can overcome it in Christ. The life of martyrs and saints witness to the Spirit, show that life is stronger than the forces of death.

God has made promises to us in Christ which cannot fail, promises which death cannot void. Our hope of resurrection lies in the power and love of God. Death is not the enemy, who puts an end to everything, but the friend who takes us by the hand and leads us into the Kingdom of eternal love. May God, who kindled in our hearts the hope of eternal life, guard this hope with his grace and bring it to fulfillment in the Kingdom of heaven.

BY SR RITA APURA



ONE HEART MANY VOICES



One Heart Many Voices was the theme of the biannual Mission Conference organised by Catholic Religious Australia and Catholic Mission, and held in Sydney CBD from May 13-15.

The Conference provided three days full of encounters of Christ present in His church and in one another. It was an enriching, enlivening and encouraging experience for all of us. It affirmed our efforts to live and lead mission and the joy of the Gospel in our daily life, ministry and work.

I am the CHURCH, YOU are the CHURCH, WE are the CHURCH! ...today and in the future.



FOR FULL STORY AND MORE PHOTOS FROM THE CONFERENCE GO TO OUR WEB & FB PAGE:

Sisters of the Holy Family—Australia



Jedno serce wiele brzmień—to temat konferencji na temat Misji każdego z nas we współczesnym świecie.



WHAT'S HAPPENING IN POLISH SCHOOL



W polskiej szkole Świętej Rodziny w Marayong ostatnio działo się dużo. Oprócz normalnej nauki języka polskiego w sobotnie dopołudnia, uczestniczyliśmy w innych wydarzeniach związanych z kulturą i historią Polski.

We współpracy z zespołem „Lajkonik”, wzięliśmy udział w „Narodowym czytaniu wielkiej literatury - Sydney 2019” - akcji pod patronatem Prezydenta RP. Wszystkie dzieci pięknie prezentowały się zarówno w naszych szkolnych strojach, jak i lajkonikowych kreacjach. Utworem, z którym musieli się zmierzyć reprezentujący nas uczniowie oraz Rodzice była „Katarzynka” Bolesława Prusa i choć tekst nie był łatwy wszyscy poradzili sobie znakomicie.

Kolejne wydarzenie to 101. rocznica odzyskania niepodległości przez Polskę. Świętowanie rozpoczęliśmy już w sobotę 9 listopada. Na zajęciach poznawaliśmy historię odzyskiwania wolności przez Polskę, a o godz.12.00 wraz z rodzicami zaśpiewaliśmy hymn Polski. W niedzielę uczestniczyliśmy we Mszy świętej dziękczynnej po której nastąpiło odsłonięcie pamiątkowej tablicy. Tego zaszczytu dostąpił nasz

uczeń, który uczynił to z wielką dumą. Następnie wystąpiliśmy z krótkim programem artystycznym związanym z tym wydarzeniem.

Teraz przygotowujemy się do zakończenia roku szkolnego i Świąt Bożego Narodzenia. Jak co roku planujemy Jasełka i wspólne kolędowanie. Wszyscy oczekują Św. Mikołaja z prezentami z wielką radością!

BY SR AGNIESZKA MISIAK

ENGLISH TRANSLATION BY Sr GRACE ROCLAWSKA





There were a lot of activities in the Holy Family Polish Ethnic School in Marayong. Besides the usual Saturday morning classes, we participated in many events connected with the culture, tra-

dition and history of Poland.

Together with the dancing group "Lajkonik" we took part in the "National literature reading—Sydney 2019" - the activity under Patronage of the Polish President. All children presented themselves in both school and dancing uniform. The reading piece for us and parents was „Katarynka” Bolesława Prusa and even though the text is not easy—they succeeded!

We commemorated in a special way 101 years of Independence of Poland. The celebration started on Saturday, 9 November. We learnt about the history of the country and sang with parents the national anthem at noon. On Sunday we participated in a Thanksgiving Mass and the blessing of the memorial plaque. We participated in this event with great pride. Prior the end of the celebration, the children presented their performances .

Right now we are busy with the preparation for the end of year event and Christmas, as every year we practice Christmas pageant and carolling. Children are awaiting St Nicholas in great joy and hope for many presents!

SUMMERTIME WALTZ

Sunlight – you are
dancing with the trees
in a summer waltz.

Trees – you are
stalwarts of creation,
with breeze-ruffled leaves.

Breeze – you are
playfully waking the grass
from its still, peaceful reverie.

Grass – you are
that verdant carpet, beautifully
adorned with weeds.

Weeds – you are
intricate splendour,
sometimes prickly underfoot.

Feet – you are
dancing that summer waltz
with heart keeping time.

Heart – you are
marvelling at creation,
overcome by love.

Love – you are
coming to me in something as simple
as a dancing sunbeam.

BY SR SOPHIE BOFFA



ANOINTED AND SENT

The last few months have been big changes in the life of our Holy Spirit Province. After we wished Sr Lucyna Frączek well as she left for her new mission of service as our General Treasurer in Rome, we entered into the process of discernment regarding our new provincial administration. After time of prayer, discussion and reflection, we received the joyful news that our Sr Małgorzata Kozub had been appointed as our new Provincial Leader, with Sr Alicja Drabik (Assistant Provincial), Sr Grace Ročławska (Treasurer) and Sr Rita Marie Apura (Secretary) forming the Provincial Council.

In our congregation, sisters who serve in leadership begin this ministry through a ceremony of installation. We celebrated this ceremony on the 19th of October. It was wonderful to have most sisters from around the province present on this special day, and a delight to know that our newly elected Superior General, Sr Angela Marie Mazzeo, would be joining us, too!

Our ceremony began with the Eucharist, celebrated by Fr Grzegorz (Greg) Skulski SDS, and concelebrated by Fr Artur Botur TChr and Fr Tadeusz Przybylak TChr, Provincial Leader of the Society of Christ in Australia. Together we heard the Scriptural themes of persistence in prayer, and were invited by Fr Greg in the words of his homily to be faithful in praying for our new provincial administration.

Following our celebration of the Eucharist, we began the official Rite of Installation. The Rite was so moving, and full of beautiful symbols of mission and sending: a burning candle, relics of our Mother Foundress, and oils from Jerusalem. These oils formed a particularly special part of the ceremony as each sister present was invited to anoint the members of the new leadership team. This particular act reminded me of what our Constitutions (Covenant of Love) say about the sisters called to serve in leadership, that they are to be sisters among sisters. During this ceremony, Sr Małgorzata, Sr Alicja, Sr Grace and Sr Rita were not only anointed and sent to the sisters, but anointed and sent by us. The entire experience of

prayer and fellowship spoke of the importance of building unity and of working together to serve our vibrant Australian province, and of embracing our leaders with joy, trust and prayerful support.

BY SR SOPHIE BOFFA

FOR MORE PHOTOS FROM THE CONFERENCE GO TO
OUR FB PAGE:

Sisters of the Holy Family—Australia



IN LOVING MEMORY OF MARY RUDD

Born to this life - 9 January 1935
Born to eternal life – 9 September 2019

The youngest of 4 siblings, Mary spent most of her childhood in Edinburgh, Scotland. At the age of 15 she completed secondary school and worked for a short time at the local fruit and vegetable store. Mary left work to care for her mother who suffered several strokes. After the death of her mother, Mary's dad wanted a better life for his daughter.

In 1953 Mary and her dad migrated to Australia and settled in Berkley, NSW near her older sister and family. After moving into their home in Berkley, Mary got a job selling newspapers outside the BHP steelworks gates at Port Kembla. In 1954 she moved to Goulburn to train as a psychiatric nurse at Kenmore Hospital. In Goulburn Mary met the love of her life Clifton Rudd, working as a plumber at the same hospital.

Cliff and Mary married in 1957. In June 1958 a week before they moved into their new home at 57 Breakfast Road, Marayong, their first child was born. In those days, Marayong was very isolated with only a few houses between Breakfast Road

and Blacktown. Mary lived there for 57 years until her health deteriorated and moved to Ron Middleton, VC Gardens, RSL Life Care in North Richmond.

Mary was a founding member of St Andrew the Apostle Catholic Church in Breakfast Road, Marayong and actively involved her whole life. In 1991 Mary became an associate of the Holy Family and enjoyed the social and spiritual gatherings.

Mary and Cliff were blessed with four children: Michael, Heather, Karen and Annette. The extended family consists of 16 grandchildren and 7 great grandchildren.

Mary was a remarkable woman, with a strong faith and a kind heart, always making time for those who needed her. She impacted the lives of many with her generosity, love and guidance, and has left a wonderful legacy. We thank God for Mary's life and now may she rest in eternal peace.

BY SR LOIS ANN RICHARDI

Photo below: Mary Rudd (second from the left in the front row) becomes full member of the Association in 2009



REMEMBERING OUR RESIDENTS AT HOLY FAMILY SERVICES



A special Memorial Mass for the deceased Residents of Holy Family Services who passed away during the past year was held last Saturday 26 October 2019 at the Aged Care Recreation Hall. Family, friends and staff who attended celebrated as they recollected memories of their loved ones. Our sisters in the pastoral care team extend love and care not only to residents but all those who mourn the loss of their loved ones.



FOR MORE EVENTS AND PHOTOS GO TO:

Holy Family Services FB page

Każdego roku nasze siostry zaangażowane w duszpasterstwie osób starszych organizują Eucharystię w intencjach tych co odeszli do Pana.



CONTRIBUTORS

Sr Margaret (Małgorzata) Kozub, Sr Paula Volchek, Sr Sophie Boffa, Sr Bogumila Malikowska, Sr Joseph Mazur, Sr Rita Apura, Sr Grace Roclawska, Sr Agnieszka Misiak, Sr Lois Ann Richardi.

PHOTOS

Authors of the articles

PROOFREADER

Sr Jean Wojcik & Sr Sophie Boffa

Ineke Sugiarto

LAYOUT

Sr Grace Roclawska